INTRODUCTION
Despite program completion, not all graduates are successful on the National Council Licensure Exam (NCLEX- RN). Previous research indicates a relationship between self-efficacy and NCLEX-RN success. Contemplative practices have been used to increase self-efficacy. The purpose of this study was to explore the relationships between contemplative practices, self-efficacy and NCLEX-RN success.

METHODS
Participants: Senior Nursing Students enrolled in an NCLEX Success course (N = 41)

Methods: Brief contemplative activities including meditation, guided imagery, writing affirmation pages, journaling, and storytelling were added to an NCLEX success course.

Measures included:
Student evaluation of contemplative exercises
General Self-Efficacy Scale (at the beginning and end of the semester)
NCLEX-RN Success

FINDINGS
Paired t test results

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Start of semester</th>
<th>End of semester</th>
<th>95% CI</th>
<th>t</th>
<th>df</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-Efficacy</td>
<td>30.94 (3.83)</td>
<td>33.63 (2.59)</td>
<td>-3.83</td>
<td>-1.55</td>
<td>4.800E+01</td>
</tr>
</tbody>
</table>

There was a statistically significant difference in self-efficacy scores at the beginning and at the end of the course.

NCLEX-RN pass rate 95% increase from previous year

<table>
<thead>
<tr>
<th>Activity</th>
<th>Felt Was Beneficial</th>
<th>Will Use in the Future</th>
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</thead>
<tbody>
<tr>
<td>Meditation/Guided Imagery</td>
<td>66%</td>
<td>61%</td>
</tr>
<tr>
<td>Affirmation Page</td>
<td>87%</td>
<td>66%</td>
</tr>
<tr>
<td>Journaling</td>
<td>50%</td>
<td>35%</td>
</tr>
</tbody>
</table>

There was a statistically significant difference in self-efficacy scores at the beginning and at the end of the course.

* p < 0.0001

DISCUSSION
• Contemplative activities contributed to increased self-efficacy.
• NCLEX-RN pass rates improved and increased self-efficacy was likely one of the factors impacting scores.
• Students found the contemplative activities beneficial and plan to continue to use some of these practices.
• Contemplative activities can reduce stress and promote well-being and were valuable to students during the program and may be helpful for future use.

REFERENCES

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