

Rx Storm-Ready Student Checklist

A simple system to keep your studies, and your sanity, steady when the forecast turns. Set it up once, and the next named storm becomes a checklist instead of a crisis.

1 Set up your planner

BEFORE THE SEASON HEATS UP

- Storm Watch dashboard.** Track named storms, a watch and warning key, and a prep-by date.
- Flexible week spread.** Loose priorities, white space, storm-week plans in pencil.
- Critical-contacts page.** School line, weather policy, instructor and clinical contacts, closure alerts.
- Post-storm reset spread.** A gentle catch-up page ready before you need it.

3 20-minute quick prep

WHEN A STORM ENTERS THE FORECAST

- Go offline early.** Download materials, slides, and flashcards.
- Screenshot everything.** Your schedule, due dates, and clinical hours.
- Charge all your backups.** Devices and power bank.
- Know the policy.** Reread the severe-weather and late-work policy.

2 Pack your academic go-bag

READY TO GRAB IN A HURRY

- Laptop and charger
- Charged power bank and cable
- Offline copies of notes and flashcards
- Logins saved somewhere safe
- Textbook or e-text access confirmed
- Clinical site contact info

4 After the storm

RESET WITHOUT THE SPIRAL

- List everything that actually moved (lecture, lab, quiz).
- Check instructors' updated dates against your planner.
- Block one realistic catch-up session and protect it.
- Email instructors about anything you missed.

ONE GENTLE REMINDER You can be ready and still at the same time. Do the prep, then let the rest be what it is.