

BACK TO SCHOOL STUDY TIPS

by NSNA® Members

Over the summer, we asked members to share study and wellness tips that helped them through nursing school. Here are some of the highlights and excerpts from the submissions. Thank you to everyone who submitted and good luck in your studies!



While visiting a fellow nursing student at home, I entered her kitchen and was amazed to see the walls papered with posters containing her Pharmacology notes. I immediately went home and created similar posters for the areas I need to focus on for the NCLEX. Now I can study in the bathroom while brushing my teeth or living room folding laundry. I routinely rotate the posters to view new information in higher traffic areas. Added bonus: I get to re-decorate once I pass the NCLEX!

- Jenny Kanter, MHCC, Portland Oregon

Most research shows that your attention span begins to wane after thirty minutes of concentrated effort, so setting a time limit allows you to make the most of your studying. Set a timer for thirty minutes, spend the first twenty five minutes studying the material and the last five minutes reviewing what you just studied. Make note of the concepts you need to review for understanding, and then go take a short break. Repeat the process until you hit study fatigue, when is that you ask? It's when you can no longer concentrate for thirty minutes without your mind beginning to wander OR when you can no longer recall the majority of the material you study.

- Michelle James, Middle Tennessee State University in Murfreesboro, Tennessee

EXERCISE PRIOR TO STUDYING. STUDIES SHOW EXERCISE IMPROVES CONCENTRATION.
- NIKI WINTER, NORTHEAST IOWA COMMUNITY COLLEGE

QUICK TIP!

I carry earplugs with me everywhere I go, including the library which can actually be noisy at times. That way I can always create a quiet environment any time I want and get the most out of my study time!

- Maura Pickett,
Anne Arundel Community College,
Arnold, MD

Watch the Caffeine!

As a coffee lover, watch the amount of caffeine you consume. It's okay to have your coffee when studying but make sure you don't make it a never ending cup without water. Also, avoid energy drinks unless you actually know how much caffeine is in it.

- Jacklynn Sanford,
Case Western Reserve University,
Cleveland, Ohio

UTILIZE VISUAL MEMORIZATION CARDS. SOME MIGHT THINK IT IS A WASTE OF MONEY BUT WHEN YOU FEEL LIKE YOUR BRAIN IS FRIED AND YOU'RE ON QUESTION NUMBER 165 OF 250 THE VISUALS REALLY HELP. I REMEMBER TAKING MY FINALS AND A QUESTION CAME UP ON ANTIBIOTICS THAT SHOULD NEVER BE GIVEN TO PREGNANT WOMEN, AND ALL I COULD REMEMBER WAS THE CUTE ACRONYM AND PICTURE THAT IT WENT ALONG WITH. YOU STILL HAVE TO DO THE READING BUT THESE REALLY HELP TRIGGER THE INFORMATION WHEN YOU NEED IT.

- CYNTHIA BARRAGAN,
LOS ANGELES PIERCE COLLEGE,
LOS ANGELES, CA

QUICK TIP!

HAVE YOUR VERY OWN STUDY SPACE, BUT NEVER STUDY IN YOUR BEDROOM. THAT SHOULD BE A PLACE WHERE YOU CAN RELAX!

- WHITNEY HILLIER,
UTAH CAREER COLLEGE,
WEST JORDAN, UT

QUICK TIP!

NEVER STUDY HUNGRY. MAKE A SEPARATE TIME FOR EATING AND STUDYING, THAT WAY YOU'LL SNACK LESS AND BE ABLE TO STUDY WITH MORE FOCUS.

- JESSICA SPRINGER,
SANTA FE COLLEGE, GAINESVILLE, FL