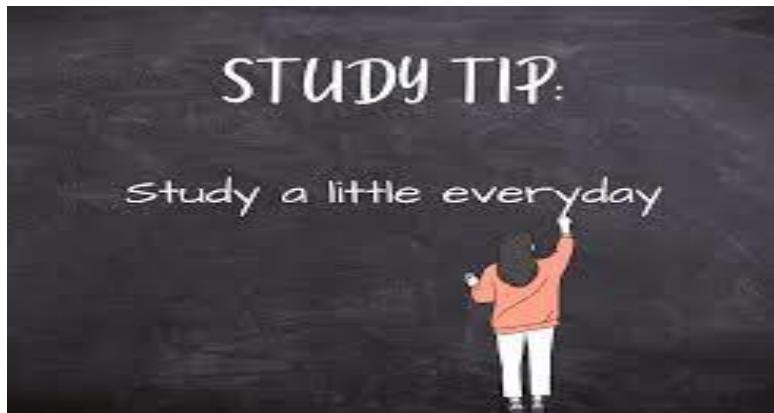


## EFFECTIVE STUDY HABITS TO OVERCOME ACADEMIC ANXIETY

### 1. Study a little every day



Even 30 minutes daily is better than 4 hours of last-minute studying.

We all say, "I will start tomorrow"...

But remembering one small topic daily keeps your mind calm and confident.

### 2. Use active learning



"Do you study by reading the textbook again and again?"

If yes—then it's time to change.

Instead of just reading:

- Teach the concept to a friend
- Write short notes in your own words
- Draw flowcharts and diagrams
- Practice MCQ, viva questions, procedures step-by-step

This makes learning faster and anxiety lower.

### 3. Revise regularly

"How many of you forget topics after one week?"

Well It's normal—but revision solves it.

Do, Try the 3-step revision habit:

- Revise after 24 hours
- Revise after one week
- Revise after one month

This makes information move from short-term memory to long-term memory.

#### 4.Break big topics into small goals



“Don’t try to finish an entire Medical-Surgical Nursing unit in one sitting.”

Instead of saying:

“I will study the whole Cardiovascular System today,”

Break it into smaller, manageable goals:

- Today: Heart failure
- Tomorrow: Myocardial infarction
- Next day: Hypertension
- After that: ECG interpretation

Small, focused goals reduce fear, make the subject easier, and help you remember better—especially in a vast subject like Medical-Surgical Nursing.

#### 5.Use question-based studying

Nursing exams and clinical viva depend on application, not just memory.

So try to:

- Practice previous year questions
- Do case-based scenarios
- Revise viva questions daily
- Practice spotting and OSCE-related steps

This boosts examination and clinical confidence.

## 6.Keep a study–clinical balance

“If you come home tired from postings, do not open the biggest chapter of the book.”

Instead:

- Do light revision
- Watch a short educational video
- Write your clinical experiences

Small efforts matter.

## 7.Create a “confusion notebook”

Make A small diary for:

- Doubts
- Difficult terms
- Drug names
- Lab values
- Steps of procedures

Every time confusion arises, write it.

Every Sunday—clear the doubts.

This habit reduces anxiety during exams and postings.

## 8.Study with classmates in groups

Not big groups—just 2–3 friends.

“How many of you understand better when you explain something to your friend?”

Almost everyone right.

Group study helps in:

- Share notes
- Ask questions
- Practice procedures
- Reduce nervousness

## 9.Use the 50–10 method

Study 50 minutes → Take 10-minute break.

This increases focus and prevents burnout.

## 10.Celebrate small study achievements



Finished one unit? Celebrate.

Completed a skill practice? Celebrate.

Confidence grows through small victories.

Following good study habits help to lower your Academic anxiety and perform well in exams.

***“Stay calm, stay strong, and nurse your anxiety away!”***