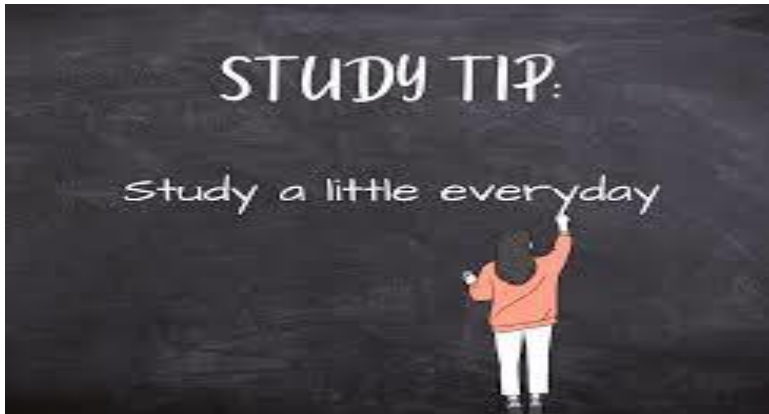


EFFECTIVE STUDY HABITS TO OVERCOME ACADEMIC ANXIETY

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!”