

Educational Survival Skills

Stress



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- Produced by events perceived as demands on:
 - Time
 - Energy
 - Resources
 - Threat that the above will not allow us to fulfill our obligations

Stress



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- Physiological response fight/flight
 - Body's way to prepare for change
 - Release of hormones increase metabolism
 - Increased heart rate
 - CNS stimulated
 - Increased blood flow to long muscles (extremities)



Stressors

- Missed deadline
- Poor test results
- Over commitment
- Inability to set limits
- Expectations of all A's
- Family problems
- Negative attitudes, poor self-esteem

Stress



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- Long term results in physical and emotional illness
 - Colds, ulcers, sleep disturbances, headache, depression, etc.
 - What is in our mind is in our body
 - Change how we respond
 - Positive vs negative

Worry

- Little of what we worry about happens
- Change outcome by taking action
- No control over outcome
- Events turn out better than expected
- Am I making a mountain out of a molehill?



Managing Stress

- Time management
- Biggest thief of time is indecision
 - Fear of making a mistake
 - Fear of not being perfect
- Always try to have a contingency plan to reduce panic
- <https://www.youtube.com/watch?v=grfXR6FAsI8>

Time Management

- Knowing when you are most effective
- Prioritizing & delegating responsibility
- Plan ahead to avoid last-minute rush
- Schedule time for fun & relaxation



Buffering Stress

- Nutrition: stress causes loss of Vitamin C, B complex, & Magnesium
- Regular exercise
- Visualization & meditation
 - Helpful before test taking



Study Skills



- Review material soon after introduction
- Use as many senses as possible
 - Visual: writing info down
 - Audio: recite material out loud
 - Hearing: classroom discussion

Study Skills

- Plan a regular schedule of study
 - Last minute study increases anxiety
 - Cramming = short-term recall, confusion
- Short regular periods of study best
- Effective Study Strategies:
<https://lsc.cornell.edu/how-to-study/studying-for-and-taking-exams/effective-study-strategies/>

Study Skills: Group or Alone

➤ Study in a group vs. study alone?

Checkout these links:

<https://www.gradehacker.com/blog/studying-individually-study-groups/>

<https://www.oxfordlearning.com/studying-alone-vs-studying-in-a-group/>

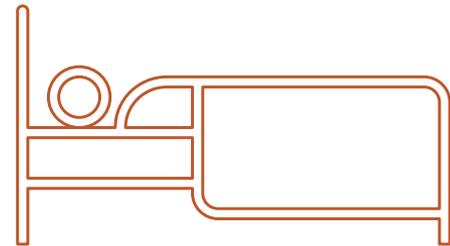
Study Skills: Attitude

Positive attitude

- Enhances ability to learn & remember
- Use a “can do attitude”
- You are in control of your success & failures
- Commitment to set a goal for professional future

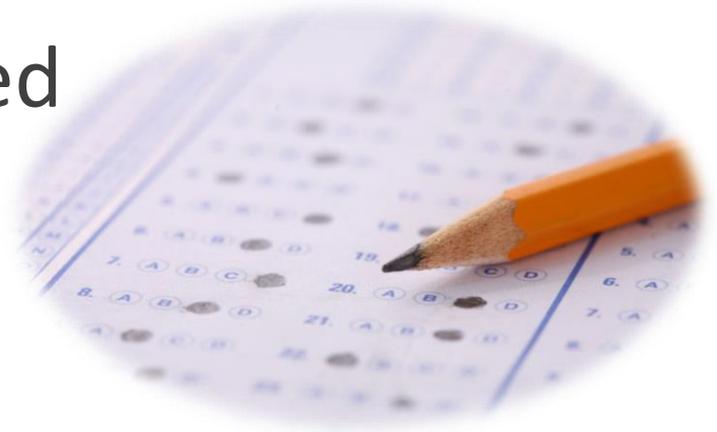
Test Taking Tips

- Give yourself some relaxing time before the test
- Good night's sleep before exam
- Get to test early



Test Taking Tips

- Scan test for all the answers you know
- Mark test items you need to return to answer
- Make sure to check the number of items on the test so you answer all questions



Test Taking Tips

- Cover distractors (A,B,C,D) while you read the test question
- Review your test when done
- Change answers only when you are sure of the change

Test Taking Tips

- When test is over, put it behind you
- Use results to enhance your knowledge
- Begin study process again
- Think positively

