

Effective Strategies for a successful Nursing Student

Name:

Course:

Instructor's Name:

Date:

Introduction

Effective strategies are necessary towards the enhancement of better grades and consequently achieving a successful lifelong career in nursing. Nursing course is very demanding and sometimes can be stressing which can have adverse effects on students. It is therefore paramount it is managed before escalation and as a consequence lead to success in the nursing program. This study highlights four strategies that nursing student will embrace towards overall success in earning a BSN degree. The following four strategies will be utilized; time management, stress and anxiety management, organization, and study skills. These approaches will also be used after studies during ER nursing career (Nugent & Vitale, 2017).

Stress and anxiety management

Up to 20% nursing students have been found to experience high levels of stress and anxiety due to demanding nature of their coursework, which covers both theoretical and clinical, studies simultaneously (Rella, Winwood, and Lushington, 2009). Additionally, intense competition from fellow students who are seeking entry to nursing programs, which have limited entry opportunities, also acts as stressors. Therefore, there is a need for effective stress management interventions during early nursing education, which would be invaluable for the students (Galbraith and Brown, 2011).

Mindfulness technique is a tool that has been identified to reduce and manage anxiety levels for undergraduate students effectively. Mindfulness reduces stress levels and increases self-awareness in nursing students. Some of the mindful techniques that should be utilized include sitting meditation and yoga, which leads to increased relaxation, self-awareness, and empowerment (Moscaritolo, 2009). Another method that can be utilized to manage stress includes reducing the number of the intensity of the stressors experienced by nursing students. Use of Personal Digital assistant during clinical rotation was found to significantly reduce the state of anxiety of nursing students (Davydov, Stewart, Ritchie, & Chaudieu, 2010).

Time management

Time management is the process of planning and organizing the time to fit into specific activities that enhance efficiency and effectiveness (Nawrot, & Doucet, (2014). Time management is a crucial process for a nursing student to embrace whereby students struggle to find enough time to hang out with friends, study, attend lectures and do clinical work. The student needs to adopt proper time allocation measures that make their life simpler (Mirzaei, Oskouie, & Rafii, 2012).

One of the measures to manage time is by using a calendar to plan and keep track of several activities such as assignment due dates, exams and group discussions. Schedule assists a student make long time plan throughout the semester therefore saving time and working efficiently (Mirzaei, Oskouie, & Rafii, 2012). Cutting out unnecessary distractions such as social media messages that could waste a tremendous amount of time is another method student could embrace to save time. Priority should be given to studies while another activity such as leisure comes later. The student should allocate specific time to respond to social media messages probably during lunch and, tea breaks to reduce distractions (Pardue, & Morgan, 2008). Consolidating activities is another method of utilizing time. A nursing student can sift through flashcards while on commuting to college, which also reduces the boredom that comes with studying in lecture halls (Wanda, Fowler, & Wilson, 2016).

Mirzaei, Oskouie, & Rafii, (2012) found that a nursing student can incorporate friends and family during the study time. By creating, a social environment during study groups with fellow students makes revision more interesting. Moreover, during study groups, the student will gain more knowledge from other students and accomplish more tasks within a short period (Mirzaei, Oskouie, & Rafii, 2012). A nursing student can also utilize study tips to save crucial time, which could have been used in going through voluminous topics. Study guide enables a student to read efficiently and go through tough notes.

Study skills

A nursing student needs to develop study habits that are most likely lead to obtaining good grades. Efficient and organized studying techniques are crucial towards success and establishing a foundation in health care. A student knowing his/her strengths and weaknesses can make adequate plans towards creating a consistent studying routine. Some students find flashcards working best while others are more suited to study groups. By experimenting early and knowing what works best ensures that the student develops effective reading habits (Benner, 2012).

According to Cottrell (2013), establishing a study schedule enables a student to save time and stick to set plans. By preparing study materials on time and choosing, a suitable environment to study guarantees a student is successful in their studies. Schedules ensure that a student is consistent in all the plans and able to integrate other extra curriculum activities that a helpful towards holistic growth. A regular program enables a nursing student to grasp coursework faster and protects the student from procrastination (Cottrell, 2013).

Utilizing study groups to discuss coursework enables a student stay motivated and share study materials, which consequently increases performance. Study groups harness various student different capacities concerning knowledge and learning techniques (Cottrell, 2013). Therefore, the student can develop self-expression skills that could not be observed during solo studying. Study groups also assist the nursing student share different ideas and reinforce what has been earlier taught in lectures. Moreover, students learn best when teaching others and improve their confidence considerably (Cottrell, 2013).

Benner (2012) found that keeping the focus on studies as scheduled in the timetable builds comprehension and increase recall tremendously. Additionally, balancing between study time and personal life is essential and enhances the better development of the nursing student holistic learning while ensuring student stick to the timetable.

Organizing

Nursing is a very demanding course and, appropriate organization measures are required towards successful completion of the course (Tomey, 2009). Developing a master schedule is a method that a nursing student can utilize to manage the tight study schedules effectively. The student can make entries of all the tasks and assignment in the semester and time allocated to each work. Excel spreadsheet has been found to be useful in developing a master list which enables student sort tasks in order of when they are due (Stevenson, & Sum, 2015).

Colombo, (2012) found that utilizing a binder is one of the active methods of self-organization that maximize learning potential. Color-coding in binders has been found to be an effective method of organizing different topics in a single folder. A nursing student can utilize dividers for each class, after each exam moves the tested content out of the daily binder, and file it the master binder (Colombo, 2012). A separate binder can be used for clinical terms or past tests, which thereafter will be used during the end of semester exams.

According to Trueman & Miles (2011), creating electronic flashcards is another method that can be used to organize a student time. The flash card can be formed using Google docs and then loaded in a phone which will enable a student to save a lot of time used to write flashcards by hand which is also tedious. Utilizing audio notes is a useful study technique that complements study notes. A nursing student can listen to study notes uploaded on a phone while doing personal activities such as laundry or cleaning.

Summary

The various strategies enumerated above assist a nursing student efficiently manage studies and eventually succeed in final exams can also be utilized in another context. As an ER nurse stress management can be used in high pressure, work environment and assist patients in trauma to manage stress. Time management for ER nurses is paramount because adequate attention needs to be accorded to all emergency cases while also dealing with short staffing and working more extended period. Organization skills are essential in a busy work environment

where ER nurses interact with doctors, physicians, and laboratory attendants among others towards offering effective services. Moreover, to attend to all patients and avoid duplication of duties ER nurses have to embrace proper organizing skills. ER nursing is also challenging because sometimes patients arrive without diagnosis and therefore the nurse can utilize study skills to assist in identifying probable care that can be administered quickly.

Conclusion

For a student to become successful in holistic nursing in the ABSN program several strategies have been identified namely; time management, stress and anxiety management, organizing and study skills (Nugent & Vitale, 2017). All of these approaches have been found to cater to the success of a nursing student adequately and even in practice after obtaining a BSN degree. Capturing strategies and efficiently utilizing them during inception stages, as a student is not easy to process. Nursing students should continuously revise the strategy towards perfecting them to manage their studies and thereafter in their practice.

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