NOTE: These resources are meant to be reviewed like a menu of options. You do not need to be doing everything on this list! Review the entire document quickly for an overview. Then pick three resources that resonate the most and try them out.

Bust Stress (Self-Care)

☐ Check out Camosun’s Stress Management guide.
☐ Change your mindset about stress: view it as a resource to help you rise to challenges.
☐ If you get SAD this time of year: buy a light therapy device or a wake-up light alarm clock.

Plan Time

Semester Calendar:

☐ Track due dates (exams, papers, etc.) and other commitments on a 4-month calendar.

Weekly Schedule:

☐ Track class meetings, clinicals, work schedule, on a weekly schedule or electronic tool like Outlook or Google Calendar. Color-code your courses. (Our brains respond to colour!)
☐ Plot study time into your schedule using due dates for quizzes, exams, papers, etc. to help you determine what to study when.
☐ Know exactly what you must accomplish each week. (For example, number of pages to read.)

Daily Schedule:

☐ Create a prioritized to-do list. (Check out these to-do apps if interested.)
☐ Review the list frequently and re-order items as priorities shift. Cross off items you’ve completed.

Strategic Study:

☐ Print/download course outlines, assignment guidelines, and learning objectives. Keep at front of binder(s)/clearly marked folders on your computer/device. Mark up, and use to guide study.
☐ Use ReadSpeaker in D2L to make the most of your time if/when you’re in transit.
☐ Use time-saving strategies for learning your textbook material.
☐ Use time-saving strategies to review (read) scholarly articles.
☐ Use an assignment calculator to plan the steps of writing a research paper.
☐ Use anatomy.tv to help you with anatomy and physiology. Access it via Camosun Library databases.

Concentration:

☐ Use an app to block distractions and support focus and concentration: Forest, SelfControl, Focus Booster, or something else.
☐ Go to Camosun’s Time Management guide and watch videos under “Tools & Resources.”
☐ Use Coffitivity to study with the ambient sounds of a café in the background.
☐ Set boundaries with friends and family: learn how to say no.
☐ Take frequent stretch breaks (about every 25 – 50 minutes).

Procrastination:

☐ Use an app or product to thwart procrastination.
☐ Try out the Pomodoro Technique.
Tips from a Yr 2 Nursing Student

1. Time yourself when you study (helps you stay focussed and productive rather than getting distracted), and set a goal for what to get done during that amount of time.

2. Before the start of each week, write down your course names and jot down the readings and assignments (only the ones relevant to the upcoming week). Then write their due dates and mark (as a small note) on top of them. Then look at the page and prioritize the order of things depending on the estimated amount of time required, the weight of the mark, and how soon the due date is. Review this page every time you study to help you prioritize the things you need to do.

3. Use an agenda (planner) where you write down which modules you'll be going through for each class (2-3 weeks prior).

4. Use a large wall calendar to track your course due dates, either filling out the 4-month view or the 1-month view where you have plenty of space to write – good for visibility and clarity.

5. When planning for your week, include a catch-up plan where you write down the things you need to catch up on and sync it with the original plan for the week, so that you’re working on both the new material and the material you need to catch up on.

6. If you can’t keep up with the readings, go over the learning outcomes (very, very, very carefully) and use them to skim/preview the readings (with extremely minimal highlighting and no note-taking). This tip is most effective if you preview the reading material before the class in which the content will be covered.

**NOTE:** If you have specific questions or concerns about studying, you can meet with learning specialist Chrisa Hotchkiss. This webpage contains a link to Chrisa’s online booking schedule.