



Study Habits – Nursing Student's Perspectives

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Abstract

Most students find the nursing curriculum to be very demanding. Because there is a lot of material that needs to be taken in and kept by students, it is essential to develop the best or most effective study habits possible. The secret to succeeding as a student is to learn how to study effectively—smarter, not harder. The main aim of this article is to focus on some tried-and-true study techniques that will enhance performance while also making the process more fun. The challenges encountered by nursing students include demanding academics, clinical work, assignments, tests, and exams, little time for extracurricular activities, and excessive demands from friends and family. The author highlighted the importance of study habits such as cultivating self-motivation, improving organization skills, improving retention power, boosting the level of concentration, achieving higher grades, and better time management. The author has found six suitable strategies based on the review, including PARROT method, KWL chart reading strategy, and Cornell & LISAN note-taking method. However, it is concluded that many strategies may prove beneficial for this path. Nonetheless, one should always choose and adopt the option that will best be able to satisfy his or her individual needs.

Keywords: Study Habits, Nursing Students.

Introduction

In Once students take up a professional course in nursing, they may find it difficult to score higher since they are not accustomed to a variety of subjects. They may not have studied and learned in the same way as they did in high school. Any students entering colleges and universities today are underprepared for the academic demands of the higher-level learning experience, according to Edward J. (2011). Most students find the nursing curriculum to be very demanding. Because there is a lot of material that needs to be taken in and kept by students, it is essential to develop the best or most effective study habits possible. Cottrell Stella (2013) also stated that learning problems among nursing students, especially the novice is the most common problem observed by academicians as this is directly related to the brain's function. The secret to succeeding as a student is to learn how to study effectively—smarter, not harder. This article focuses on some tried-and-true study techniques that will enhance performance while also making the process more fun.

What is a Study habit?

Study Skills or Study Strategies are the strategies used to learn, according to Dunken (2010). There are numerous different study methods that can be used to organize and assimilate new material, deal with examinations, and more. Study Skills are strategies and techniques that

enable you to make the most efficient use of your time, resources, and academic potential. (Stevens Harbor, 2011). No habit is any better or worse than any other. But they do differ among individuals. The tactful and intelligent selection of study habits will definitely lead to academic success. Choosing a study habit is an art itself.

Challenges of a Nursing student

Nursing is a knowledge-based, practice-based, and skill-based professional discipline. Most of academic courses are content-based only whereas Nursing is an applied science where the student must learn content and apply the content into practice. Other challenges encountered by nursing students include demanding academics, clinical work, assignments, tests, and exams, little time for extracurricular activities, and excessive demands from friends and family.

Importance of study habits

- Cultivates self-motivation
- Improves organization skills
- Improves retention power
- Boost the level of concentration
- Achieve higher grades
- For better time management

Discover your approach to studying

1	My study habits are	Good 1 Hr	Fair 2 Hr	Poor < 2 Hr
2	I have a detailed study timetable and plan.	True	False	
3	I find a quiet area to study.	True	False	
4	I generally have a positive outlook when I'm studying	True	False	

Study Habit – 1

Build a suitable study environment

It must be stimulating, comfortable, orderly, and visually pleasing with sufficient lighting and resources. The ideal learning environment shall be a motivating and fun learning environment without any stress. Always remember “Not to strain your brain but train your brain”.

Study Habit – 2

Poor time management is one of the main obstacles to success for nursing students. Time management increases productivity and improves the quality of output. Following are the guidelines for time management.

- Prepare a long-term plan
- Develop a weekly schedule
- Writing a daily to-do list
- Create a time diary to keep track of where your time actually goes.
- Recognize your external and internal time wasters and take steps to avoid them.
- Prepare a term calendar at the beginning of the term.
- Update it as the term progresses.
- Record the assignments with due dates.
- Record the planned and extracurricular activities.

- Create a weekly schedule every Sunday.
- Create a time diary to keep track of where your time actually goes. Cramming or procrastination is never good. It is the constant pushing aside of task that need to be completed and is the archenemy of all students.
- Form a time matrix

	<i>Urgent</i>	<i>Not urgent</i>
Important	I Urgent and Important <i>DO</i>	II Not urgent but important <i>PLAN</i>
Not important	III Urgent but not important <i>DELEGATE</i>	IV Not urgent not important <i>ELIMINATE</i>

Study Habit – 3

Attain a 100% concentration on studies. Concentration is a habit. For this make consistent space for yourself to study. Ensure adequate lighting and quietness. Have all your supplies and schedule the time. Following are the tips to improve concentration.

- Find proper mood for study
- Get rid of TV and gadgets
- Try 45-15 Study Strategy. Set a time for 45 minutes, then take a break for the next 15 minutes.
- Focus on relevance
- Learn to divide your attention
- Practice mental exercise and meditation

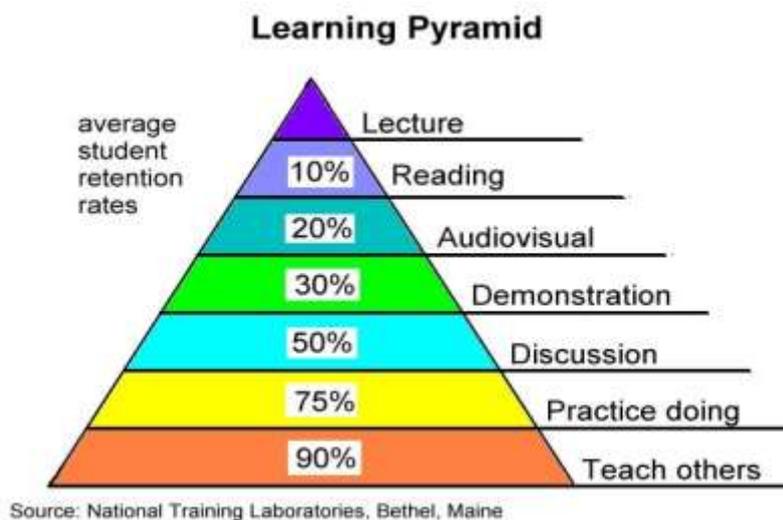
Self-Assessment Questions

- ✓ When I'm attempting to learn and remember something, I study in a peaceful place.
- ✓ I spend some time studying, then I take a quick break before going back to it.
- ✓ I do not cram, and I always study in the same spot.
- ✓ I have all my study materials close by (such as pens, paper, and calculators) and remind myself out loud that I'm going to study when I sit down to do it.
- ✓ To finish a big assignment, I split major work into smaller chunks.
- ✓ Even when a subject isn't particularly engaging, I find ways to study it.
- ✓ I try to avoid studying at the night, but it's not hard to pay attention in class

Study Habit – 4

Improve the memory power

Memory is Registration, Retention, and Recall. We forget what we learn 50% in 1 Hr., 75 % in 12 Hrs., and 85% in 24 Hrs. if we do not convert it to long-term memory. We remember 95% of what we learn with many sensory activities or by reading, hearing, seeing, verbally repeating, and doing. The chances that students will retain the lesson increase as you modify the study material. The learning pyramid shown below demonstrates how crucial it is to use a variety of study techniques. To retain the most information, you might need to experiment with various study techniques. Ninety percent of the total of what is gained by teaching others is remembered by those who can do it effectively.



Strategies to improve the memory

- Practice daily and weekly reading
- Find the bonus study time
- Emphasis on pre-exam reading
- Practice mnemonic trick to help you remember complex things.



Self-assessment questions

- I review notes more than once or twice for exams.
- I use mnemonics.
- I use visuals in my notes such as sketches, mind maps, diagrams, charts, etc.
- I quiz myself over material that could appear on future exams.
- I organize details to main ideas into numbered or lettered lists.
- I convert text and lecture material into my own words.

- I try to understand the material in my notes as opposed to memorizing it.

Study habit - 5

Reading, writing, listening, and speaking

One of the effective strategies in reading is the SQ3R method which was introduced by Dr. Francis Pleasant Robinsons, a psychology professor at Ohio state university.

Survey: - Survey or skim familiarize the student about the topic while glancing through a chapter it helps the student to understand the topic, heading, subheading, and key for me. It also helps to identify the ideas and formulate questions about the content of the chapter.

Questions: - as you survey convert the heading and subheading into questions. Relate with your previous knowledge and then look for answers in the content of the text.

Read: - Answer the question by reading the text in its entirety. Don't emphasize the point right away because everything seems essential because this is the first level of reading.

Recite: - Write down and memorize the answers to the questions in a section. The material should ideally be summarized in your own terms in this step.

Review: - Review all the sections pertaining to any keywords together.

Additional tips for reading textbooks

- Concentrate on the meaning
- Have a fixed place
- Know what to read by following your syllabus
- Divide the chapters into readable chunks
- Read ten pages at a time
- Correlate the textbook content with lecture notes
- Concentrate on lectures

Study habit - 6

PARROT method

You must develop a reading strategy if you want to make the most of your time because the reading assignments for nursing classes can be astoundingly long. An abbreviation for preview, ask and activate, read, recite, organize, and the test is PARROT, which is detailed as below,

1. Preview: - The preview might help you acquaint yourself with the topics and estimate how many pages you can read in 45 to 60 minutes. It entails quickly scanning the key headings, images, graphs, and other exam materials that stick out.

2. Ask an Activate: - Think about what you know, what you can expect to learn, and what you need to know. Also, this stage aids in the activation of your prior understanding of the issue.

3. Read: - Don't make notes or highlight anything when you read something for the first time since everything appears essential at first. It is a propensity to underline or make notes on material that is unimportant or material you are already familiar with.

4. Recite: - It refers to the point where you pause to verbally check your understanding. This step's goal is to facilitate the development of personal connections between you and the content in the textbook.

5. Organize: - Put the data into a format at this stage. This could entail producing a concept map, study cards, or an outline. The advice in "DON'T TAKE NOTES ON

MATERIAL YOU KNOW" concentrates on coming up with strategies that you do not fully understand.

6. Test: - Until you put your knowledge to the test, you won't really know what you know. You are prepared to go on to the following reading assignment if you are able to satisfactorily answer every question that has been provided.

KWL chart reading strategy

An active reading strategy by Donna Ogle in 1986. This reading strategy helps the students to think about what they already know about a topic. It is a visual organizer designed to aid in learning. KWL stands for what pupils already know, want to know, and ultimately learn throughout a class. Typically, a KWL table is broken up into three columns labeled Know, Wish, and Learned.

KWL Chart

Topic _____

 What We Know	 What We Want to Know	 What We Learned

K What I Know

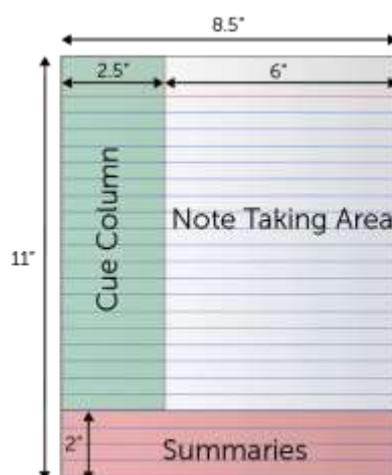
W What I want to know

L What I Learned

Information about what the students know in this space. Information about what the students want to know in this space. Write the information on students learned in the space.

Writing strategies: - Cornell note-taking method

A system for taking, arranging, and reviewing notes is called the Cornell Method. This system was developed in the 1950s by Professor Walter Pauk of Cornell University; its main strength is the way the pages are laid together. Write the course name, the date, and the subject at the top of the page. The cue/ questions/ key columns, which should be about 7 cm wide, are where subheadings and questions can be placed. The huge column to the right, commonly known as the note-taking column, can be used to write notes in a customary way while keeping the summary at the bottom of each page, which aids in solidifying comprehension.



LISAN note-taking method

Another note-making strategy were,

- L stands for Lead, and do not follow is the acronym for Attempt to pose a question to yourself in advance of the teacher's response. Questions may come from reading assignments or study aids.
- I stand for Ideas. Every lecture is built around a central concept. Typically, a notion is followed by an illustration or justification.
- Signal words are abbreviated as "S" Keep an eye out for the signal words during the lecture.
- A represents active listening: Choose a seat where you may participate and ask questions in class. Choose any action that will keep you interested, awake, and active.
- N stands for taking notes. Students who accurately record lectures typically perform well on exams. While listening, be choosy and only take down the most important information.

Tips for notes taking: -

- Write down only main points legibly
- Develop your on short hand eg: clinical feature=c/f
- Do not clutter data
- Have color pens
- Use pencil, eraser and ruler
- Eliminate vowels
- Use single letter with a circle for must used words. Pathophysiology

After Class

- Examine your notes as soon as you can
- Compare them with your peers,
- Use them as a learning tool,
- Revisit them periodically,
- Test yourself
- Create note cards.

Before class

- Read and study chapter
- Read over the power point presentation

- Make notes from the textbook
- Come to class with positive attitude
- Review notes from the last class
- Be open minded to the lecturer

Listening skills

- Listen with all senses
- Keep an open mind
- Be physically alert
- Don't be food critical
- Assume that what is said once will not be repeated and that the next point is most important

Speaking skills

- Be prepared, look friendly, and sound friendly. State the purpose of the talk. Use prompt cards to communicate effectively in a brief manner.

Conclusion

Get your mind right: -

- Understand why you are learning
- Knowing why you are studying
- Remind yourself of your unique skill and abilities
- Remind yourself you can learn.

Study habits are strategies that aid in enhancing the effectiveness of learning. Many strategies may prove beneficial for this path. Nonetheless, one should always choose and adopt the option that will best be able to satisfy his or her individual needs.

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