



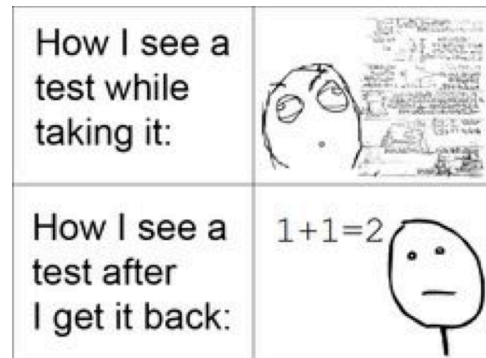
Nursing Newsletter

I attribute my success
to this – I never gave or
took any excuse.

*Florence
Nightingale*

Exams are Coming! Don't give excuses and don't accept excuses. Preparation breeds success. Use the Top Ten Exam Study Tips from Top Universities:

1. **Give yourself enough time to study** - set up a timetable for your study. Write down how many exams you have and the days on which you have to sit them. Then organize your study accordingly.
2. **Organize your study space** - Make sure you have enough space to spread your textbooks and notes out. Have you got enough light? Is your chair comfortable? Are your computer games out of sight?
3. **Use flow charts and diagrams** - At the start of a topic, challenge yourself to write down everything you already know about a topic and then highlight where the gaps lie.
4. **Explain your answers to others** - If you understand the content, you can explain it.
5. **Practice on past exams or quizzes** - One of the most effective ways to prepare for exams is to practice taking past versions.
6. **Organize study groups with friends** - You may have questions that they have the answers to and vice versa. As long as you make sure you stay focused on the topic for an agreed amount of time, this can be one of the most effective ways to challenge yourself.
7. **Take regular breaks** - studies have shown that for long-term retention of knowledge, taking regular breaks really helps.
8. **Snack on Brain Food** - Keep your body and brain well-fuelled by choosing nutritious foods that have been proven to aid concentration and memory, such as fish, nuts, seeds, yogurt and blueberries.
9. **Plan your exam day** - Make sure you get everything ready well in advance of the exam - don't leave it to the day before to suddenly realize you don't know the way, or what you're supposed to bring.
10. **Drink plenty of water** - remember that being well hydrated is essential for your brain to work at its best.



Tips for Managing Test Anxiety

Be prepared.

Develop good study habits.

Study at least a week or two before the exam, in smaller increments of time and over a few days (instead of pulling an "all-nighter").

Try to simulate exam conditions by working through a practice test, following the same time constraints.

Develop good test-taking skills. Read the directions carefully, answer questions you know first and then return to the more difficult ones. Outline essays before you begin to write.

Maintain a positive attitude. Remember that your self-worth should not be dependent on or defined by a test grade. Creating a system of rewards and reasonable expectations for studying can help to produce effective studying habits. There is no benefit to negative thinking.

Stay focused. Concentrate on the test, not other students during your exams. Try not to talk to other students about the subject material before taking an exam.

Practice relaxation techniques. If you feel stressed during the exam, take deep, slow breaths and consciously relax your muscles, one at a time. This can invigorate your body and will allow you to better focus on the exam.

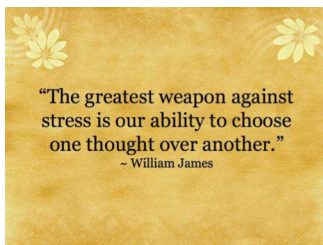
Stay healthy. Get enough sleep, eat healthfully, exercise and allow for personal time. If you are exhausted—physically or emotionally—it will be more difficult for you to handle stress and anxiety.

National Stress Awareness Month: Enjoy the Good, Remove the Bad

A small amount of stress once in a while is a good thing, because it means you're working hard and you care about what you're doing. If you were never stressed, that would probably mean you're living a lethargic lifestyle without a whole lot of work involved. However, too much stress doesn't allow us to think straight, and is overbearing and counterproductive. Prolonged stress even leads to real physical problems and can cause strokes, IBS, ulcers, diabetes, muscle and joint pain, miscarriages, and many more.

This month, recognize the difference between good and bad stress and try to find your happy place within the madness.

1. Exercise. You've probably heard this one before, and even though it's probably not exactly what you want to do when you're feeling stressed (because laying on the couch and watching movies sounds more appealing), exercising gets endorphins pumping through your brain, which triggers a happy feeling. Exercise lowers your body's stress hormones like cortisol, and releases chemicals that make you feel more at peace.
2. Think about taking natural supplements to help you feel more at ease. Natural remedies like lemon balm, omega-3 fatty acids, ashwagandha, green tea, and essential oils are very helpful.
3. Light a candle or turn on the oil diffusers, put on some soft, soothing music and dim the lights. Take a deep breath and count your blessings.
4. Caffeine intake reduction can help (even though it's tough to kick the coffee!) because caffeine tends to make us jittery, which can cause stress and anxiety.
5. Spend time laughing with friends and family. Let yourself have a good time and get your mind off the busyness of the real world.



Free Community Events

April 6 – 8:30-9:30am. Yoga and Yolks, 3033 Northeast 32nd Avenue, Fort Lauderdale. 33308

April 13 – 10:00am-2:00pm. 2019 Healthy Kids Day, 6631 Palmetto Circle South, Boca Raton. 33433

April 19 – 8:00-9:30pm. Full Moon Beach Gathering, 870 N. Ft. Lauderdale Beach. 33304

April 20 – 2:00-3:00pm. Creating your Personal Wellness Program, 7071 W. Commercial, Tamarac. 33319

Celebrate!

April – National Stress Awareness Month

April 7
World Health Day

April 24
World Meningitis Day

April 25
World Malaria Day

HEALTH SCREENING FOLLOW UP

SBBC Diversity, Prevention & Intervention department will be conducting health screenings for students at our school site during the following times:

May 28, 2019	8:00 am-3:00 pm
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Students can receive confidential counseling and screening for Sexually Transmitted Infections.

After the student registers, they will be given a time to return for their appointment. Passes will be provided to students when returning to class.

Waiting in Line to Save a Life at the Blood Drive



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