

Abstract for Academic Festival

According to a study conducted by Shanmugum (2017), 33% of nursing students experience severe stress that can lead to mental health issues. This statistical finding underscores the prevalence of stress within nursing education. Shanmugum argues that once stress reaches a certain level of severity individuals are at increased risk for anxiety and depression. As stress, anxiety, and depression increase the student loses his or her ability to implement stress-reducing strategies further impeding academic success (Shanmugum, 2017). This presentation highlights those factors that contribute to stress within nursing programs and includes strategies to manage time, optimize cognitive performance and memory, maintain focus during study sessions, and improve physical health.