HOW TO SURVIVE IN PA SCHOOL

Sure, we've all heard sleep is important, but instinct tells us that studying for that test tomorrow is more important. Fight that instinct. Sleep is important for cognition and memory, which ironically are the two most important things for your excellence in your PA program. If you want to ace that test, you better bring your A game every day of school and the only way to do that is have a sharp mind, so you don't need to keep reviewing the same information 100 times until it sinks in. Studying before a nice long night's sleep is the best way to code information, so be sure to review your notes right before that sweet long slumber!

SLEEP AT LEAST 7 HOURS A NIGHT. **EVERY NIGHT.**

DO SOME TYPE OF **PHYSICAL ACTIVITY.**

Walking, running, dancing, swimming, tennis, soccer, you name it. All of these things are great for the mind, body and soul. Take at least 1 hour, 5 days per week and do something physical. If you're rolling your eyes at this one, then you need it the most. Why is this important? You give your brain a rest, improve your self confidence, improve your health, and reduce your anxiety, which is one of the biggest setbacks in PA school.

FIND YOUR **STRESS RELIEVER.**

Maybe you have a favorite show or video game, maybe you love to paint. Give yourself a few hours per week to do these things you love. Don't let anyone tell you that you don't have the time. You can't afford to not do the things that make you happy. Minds under stress almost always perform significantly worse on exams than unstressed minds. You will learn faster and perform better than you would if you were burned out. How many times have you stared at the same page of a textbook for an hour without realizing it? Take that hour and do something to make you feel whole.

YOU NEED YOUR **FRIENDS AND FAMILY**

You need a support system to keep your spirits up, especially on the hard days. Stay in touch with your loved ones. The best thing you can do is make your friends and family a part of your routine. Go on runs or play video games once a week with your friends or family. Study with people. Call and spend time with your friends or family when you can. That said, not every relationship is a positive relationship. Only make time for the people who bring you up. You are too great to deal with someone else's negativity.

MAKE FRIENDS WITH YOUR **CLASSMATES.**

These are the people who really know what you are going through. They will have your back and give you additional support. You may just find a life-long friend among the group. That said, stay away from the drama and severely anxious people. Again, stick with the people who bring you up.

GET A **CALENDAR.**

When syllabus day comes, write down every assignment and class. Write down things as they come. This way, you not only are on top of everything, but also you can rest easy knowing you haven't forgotten anything.

GET A **CROCK POT**

You are working hard and you deserve great food. Crock pot meals are often delicious and can be saved for many meals. They also do the cooking for you while you are busy studying. To have a crock pot is to have your own personal helper.

WHEN IT'S TIME TO STUDY, **IT'S TIME TO STUDY**

It's important to understand your own study habits. Do you need to study in groups? Do you need to study alone? Do you need to be in a coffee shop, in a library, or at desk in your room? Do you need to switch up the study scene? Do you need to watch lectures? Do you need to read books? Do you need to look at pictures? Do you need to take notes? Do you need to do all of these things? Do you need to reserve 5 hour blocks to study? Do you need hourly breaks? Understand yourself. There is an environment and resources for every type of person. Find your balance and study! Don't allow distractions to take away from time that you planned on studying. This is why you are here.

CELEBRATE YOUR MINI VICTORIES, **THEN PREPARE FOR YOUR NEXT VICTORY.**

Always be proud of yourself when you pass that test, turn in that challenging assignment, complete that rotation, complete that semester and find that job. You deserve to celebrate all victories. Then the next day, buckle down and do it again.

NETWORK!

Your teachers and preceptors will soon be your peers. Network with everyone you meet, you never know when that job may show up.

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