



PEERS IN PATHO

RESOURCE SUMMARIES CREATED FOR
STUDENTS BY STUDENTS

CREATED ON: MARCH 10, 2021



UPDATES AND REMINDERS

Tutorial with Conner: 3-
4pm Sunday March 14th

Watch for "*Question of
the Day*" starting this week

BREATHE: *YOU CAN DO THIS!*

Congratulations! One more midterm done and over. No matter how you did on it, it is done and in the past, and you made it. So what next? After having a week or more of preparing for the midterm, we are going a little easier this week and encouraging some time to rest and recalibrate the Patho-brain. Use this time to think about what went well and what needed improvement both before and after the exam. Here are some questions you can ask yourself moving forward to improve your studying and focus areas for the future:

- What methods of study showed greater retention of material? Which did not?
- What topics did I understand best?
- Did I rely mostly on memorizing facts or did I understand how the systems and diseases worked to be able to figure questions even when I didn't know all of the facts?
- Did my worry and/or anxiety limit my ability to focus and perform on the test? How can I manage this for the future?

You may have other questions as well but thinking about these can help you to optimize your plan for studying to do better on tests/exams, with less anxiety. If you find there is an area you just cannot find a solution for, get in touch and we can work together to come up with a plan.

Chin up and keep going, you are almost there and we are cheering for you! 😊

MORE RESOURCES FOR YOU

Question of the Day

Launching this week is a new resource we are calling “Question of the Day”. Here is how it will work:

- Each day a question will be posted to the Peer Support Channel and in the group chat which can be answered anonymously via a Survey Monkey link.
- The correct answer will be posted at the end of the day and if you submitted an email with your response the answer will be delivered right to your Inbox
- The goal with these questions is to get you thinking and applying the material, so don't be surprised if some require you think across more than one unit

Looking forward to your participation!



AND DON'T FORGET...

The Learning Nurse: Educational Nursing Games

- Multiple choice quizzes on a wide range of topics covered in nursing courses ranging from ANP, Patho, Clinical Chemistry, and Clinical Application. Another joyfully addictive practice resource

<https://www.learningnurse.org/index.php/assessment/games>

Quizlets

- Join the Pathophysiology for Nurses - LUSL2107 Class to get Quizlets created specifically for this course. We are working to continuously add sets so keep coming back for practice.

<https://quizlet.com/join/86npQKmm2>