

top tips

for surviving nursing
or midwifery school

1 put God first!

Daily devotions are important. Read the Bible. Safeguard your intimacy with Jesus. Get a daily devotional book and find a time to read it every day, at a time that works for you, even if you have to get a little creative and intentional when placements start.

2 get stuck into a church

You won't make every meeting but try to commit to one local church. Build up relationships with a few people. Having a church family nearby, especially if you are away from home, will help you settle into university life and be a vital part of your support network.

5 use the support at your nursing school

Keep in touch with your personal tutor, even when things are going well. Then you will have a relationship where you can approach him or her whenever you might be struggling.

3 look after yourself holistically

You'll be taught to do this for patients. Take the same advice. Care for yourself physically, mentally and spiritually. Training is a marathon, not a sprint. You can probably endure a short period of exhaustion, but your performance will plummet if you neglect yourself long-term. Eat well, exercise, and sleep as much as you can!

4 exercise regularly

Studying as a nurse or midwife can be quite a responsibility. Try and exercise as part of your daily or weekly routine. As well as keeping us in shape, exercise has been proven to help relieve stress and anxiety. It also boosts your ability to retain information.

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7 make the most of every opportunity

You'll meet many different and interesting students during your time at uni. Enjoy meeting new people, especially those who are different from you! You never know what the Lord might bring from these relationships. Make the most of the clubs and other unique opportunities you have as a student. (You'll miss the discounts after you graduate!)

6 ask questions

The only wrong question is the one not asked. Don't be afraid to grow your inquisitiveness. Ask not only the 'what' and the 'how' but the 'why' questions too.

8 learn time management

This is one of the most important skills to develop. Learn to plan and prioritise, instead of just 'going with the flow'. These skills will save you from many bad days, both as a student and later.

9 journal before bed

If you catch yourself lying awake at night, frantically reviewing everything you have to do the next day, try journaling. Take just a few minutes before bed to jot down your thoughts, experiences or concerns. This will decrease feelings of worry and fear. Pray through these things.

10 and finally... connect with other Christian student nurses and midwives through CMF

It is so helpful and encouraging for Christian nurses and midwives to connect and prayerfully support one another. It's great to unite publicly to promote Christian values in nursing and midwifery, and to look collectively at ethical issues from a biblical perspective. Make use of resources available online and in print and be encouraged to be the best Christian nurse or midwife you can be!