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While having little time for activities outside of school is the reality of nursing school, finding a balance between studying, friends, and a shower for yourself is what will keep you sane. Especially during those heart wrenching finals. Just like any other nursing test you will study a lot during finals week. A lot a lot.

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In order to be balanced in life, we need to offset work and school with social connection, play, reading, drawing, exercise, and other fun activities. We all need to be refreshed, or our well will run dry. Seek balance, enjoy life. Even during "back to school."

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