**Article 2:**

**More Than a Grade: How to Cope with Academic Pressure**

**Headline:** The Silent Battle: Navigating Academic Pressure with a Resilient Mind

**Content:**

The pressure to perform in a health sciences program can be immense. You’re not just studying for an exam; you're preparing for a career where lives are in your hands. This mindset, while noble, can lead to intense stress and self-doubt.

Here are some strategies to help you manage academic pressure and maintain your mental well-being:

1. **Redefine Success:** Your worth is not defined by a single exam score. Focus on what you've learned and how you've grown. Treat every assignment and test as a stepping stone, not the destination.
2. **Break It Down:** A large syllabus can feel overwhelming. Instead of looking at the whole mountain, focus on climbing one small hill at a time. Break down your study schedule into manageable chunks. Even 1-2 hours of focused, distraction-free study is more effective than an entire day of half-hearted effort.
3. **Practice Smart, Not Hard:** Cramming is a recipe for burnout. Instead, use active recall and spaced repetition. Join a study group with your peers to teach concepts to each other. Explaining a topic to someone else is one of the best ways to ensure you’ve truly understood it.
4. **Embrace the "Good Enough":** Striving for perfection can be paralyzing. Accept that it's okay for an assignment or a project to be "good enough" rather than flawless. This mindset frees up mental space and reduces anxiety.
5. **Build Your Support System:** Talk to your peers, your faculty mentors, or the counselors at the MAMU Mental Health and Wellness Cell. They have walked a similar path and can provide valuable insights, advice, or simply a listening ear.

**Remember:** It is a marathon, not a sprint. Take care of yourself, ask for help when needed, and celebrate your progress—big or small.