

## **Resource Overload in STEM Education and How Students Can Overcome It**

### **Abstract:**

Matriculating medical students soon learn that most upperclassmen use outside resources on top of their school's curricular content to study for exams. Some students go as far as only using outside resources to study. I preemptively tried to identify which resources I would use to study for exams before starting medical school but was overwhelmed with the number of options. This was a similar feeling to when I was preparing to take the MCAT, wasting time using online forums and videos to decide which resources to use and how rather than actually studying. This overwhelming number of resources is not just a medical/pre-medical student phenomenon though. Online content creators and test prep companies that students utilize to study for the MCAT also create resources for engineering students, nursing exams, the GRE, even the ACT/SAT for high schoolers. It is a proven psychological fact that too many choices can cause our brains stress, and the ever-encompassing grasps of the internet only increase this burden with new materials being uploaded daily. There are so many resources for students to pick from that choosing which resources to use can cause procrastination, over-thinking, and anxiety; a rather counterproductive scenario. This presentation offers practical tips backed from my own experience as a resource manager for my university's tutorial services program as well as neuropsychology-based learning strategies to help students navigate the overwhelming amount of knowledge being thrown at them— before class even begins.

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### **Shamik Bhattacharya, Ph.D.**

Dr. Shamik Bhattacharya graduated with his PhD in Mechanical Engineering from Texas Tech University in 2011. His primary research interest is in biofluid mechanics, tissue mechanics of heart valves and medical devices. Currently he is an Associate Professor in the Department of Engineering and Technology. He does research with undergraduate students. He involves students in hands-on research and tries to give them exposure in cutting edge research by sending them to premium conferences and submitting manuscripts in premium journals.