



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

# Am I Burned Out as a Student?

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10 questions about academic exhaustion and disengagement

**Dr. Priya Dubey Sharma**

Founder & Consulting Psychologist  
Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



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Founder & Consulting Psychologist | PhD | 18+ Years

Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ Burnout is not a badge of honour. Your wellbeing is not optional. It is the foundation everything else stands on.

### THE STORY

#### Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.



Dr. Rangnath Dubey  
DHB · MBHCS · AVR

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”

**18+**

Years of practice

**5,000+**

Lives touched

**5**

Intl memberships

**UN · SBI**

Institutional roles



## Am I Burned Out as a Student?

This is a quick self-assessment to help you understand your current level of burnout related to your studies. Please answer honestly.

### Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Do you often feel exhausted, even after resting, due to your academic workload?
- Do you feel emotionally drained or detached from your studies and academic activities?
- Do you feel that your academic efforts are not making a difference or are unappreciated?
- Despite putting in effort, do you find your motivation for studying has significantly decreased?
- Have you developed a cynical or negative attitude towards your education or future career prospects?
- Do you experience physical symptoms like frequent headaches, sleep problems, or fatigue that seem linked to your studies?
- Do you find yourself withdrawing from social activities or friends because of your academic commitments or feelings of overwhelm?
- Have you lost interest in subjects you previously enjoyed studying?
- Do you find yourself procrastinating more often on academic tasks, even when you know you should be working?
- Do you frequently question if your current course of study or chosen career path is truly worth the effort and stress?

**Score:** Count the number of 'Yes' answers. This will help you understand your current situation.



## Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

**SCORE: 0-3**

### Engaged

Your responses suggest you are managing your academic life well. You are likely feeling motivated and connected to your studies.

**SCORE: 4-6**

### Mildly Fatigued

Your answers indicate some early signs of academic fatigue. It might be helpful to reflect on your study habits and stress levels.

**SCORE: 7-8**

### Burning Out

Your responses suggest you are experiencing significant academic burnout. It's important to consider making some changes to manage your stress and energy.

**SCORE: 9-10**

### Burned Out

Your answers indicate a high level of academic burnout. Please consider reaching out for support to help you navigate this challenging phase.

**Whatever your score: You took the time to check in with yourself. That takes courage.**

#### DR. PRIYA'S TIP

If your results show signs of burnout, remember to prioritize rest and seek connections with supportive friends or family. Small breaks and moments of connection can make a big difference.

[Book a Session with Dr. Priya](#)



## Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What specific academic pressures are contributing most to your feelings?

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2. What small changes could you make to your daily routine to better manage your energy?

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3. Who in your support system could you talk to about how you are feeling?

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How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

## Continue Your Journey

Recommended resources based on your results:

1

### Managing Exam Stress

Learn effective strategies to cope with academic pressure.

₹199

2

### Building Resilience

Develop inner strength to overcome challenges.

₹99

3

### Mindfulness for Students

Simple techniques to improve focus and reduce anxiety.

₹199

### TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment — plus 270+ validated tools — at [manas365.com/assessments](https://manas365.com/assessments)



### Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



## Stay Connected with Manas

Scan any QR code below to explore more resources, book a session, or reach us on WhatsApp.



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[manas365.com](https://manas365.com)



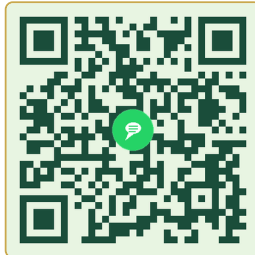
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**"You deserve a life that exists beyond your work performance. I hope this guide helps you begin to build it."**

— Dr. Priya Dubey Sharma

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**Disclaimer:** This resource has been prepared by Dr. Priya Dubey Sharma — Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: [priya@manas365.com](mailto:priya@manas365.com) | +91 99818 13224