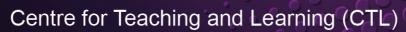
## LEARNING DEVELOPMENT





## **Top tips - Studying for Exams**

To shave off stress with exams, a little preparation is key. Success with study is all about the organisation, not procrastination. First up, confirm your <u>exam dates</u> and add these to your diary. Then you can start scheduling your study using these simple exam prep tips.

- 1. Start your study preparation well in advance of any tests four weeks out is an optimal figure.
- 2. Download any exam or assessment prep from Blackboard or gather together anything you've printed out beforehand.
- 3. Understand what type of exam you'll be sitting: multiple choice, open book or long answer, and what's expected of you.
- 4. Set up a study and work timetable, making sure you schedule in time for exercise, catching up with friends or doing something you enjoy.
- 5. Schedule your study for times that benefit you when are you at your most alert/enthusiastic? Early mornings can work for some so set your alarm to get up earlier than your housemates and study for an hour before breakfast or plan for mid-afternoon library sessions between lectures.
- 6. Take advantage of short 15 minute breaks to cram and plan. If you travel on a bus or train to work use this time while you're travelling (or waiting for a bus) to study.
- 7. Prioritise your toughest subjects, or those worth the most, and allocate more time for studying these.
- 8. What works for you? Reading out loud? Recording then listening back? Rewriting notes in your own words? Highlighting? Practice runs? Experiment, and then do what works.
- 9. Stay well-hydrated, drinking plenty of water while you're studying particularly if you've increased your caffeine allowance. Keep your snacks light and nutritious (nuts and fruit are good). And take a break after 60 minutes to stretch, walk around and get refreshed.
- 10. Just do it. Don't procrastinate sit down, set a timer and start studying!

