

THE STUDENT BLOG



EXAMS,
REVISION AND
SUPPORT AT UNI



ALEKSANDRA



**Northumbria
University**
NEWCASTLE



UNIVERSITY: NORTHUMBRIA UNIVERSITY

COURSE: BIOMEDICAL SCIENCE

**FAVOURITE SCHOOL
SUBJECT:**

BIOLOGY – I ADORED THE DIFFERENT MODULES WE
HAD SUCH AS EXCHANGE AND TRANSPORT,
EVOLUTION AND DISEASE AND GENETICS!

HOBBY: ALLSTAR CHEERLEADING!

TELL US ABOUT YOUR FEELINGS DURING EXAM TIME, AND WHAT YOU DO TO PREPARE:

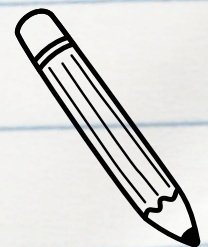


“When it comes to exams, I am a very nervous person!
However, I have a way past this!

When I schedule my revision for the week, I ensure that I have a day with a few hours dedicated to doing a fun activity – for example, going into town or going swimming. Through this, I can give my brain a rest and let it absorb the knowledge that I need to know for the exam! The way I prepare for my exam is by doing active recall and doing a lot of practice questions. Through this, I can see the content I know and don’t know and am able to relearn any content I forgot. I then make a mind map of things I easily forget and make flashcards of any practice questions that came up multiple times, or I found difficult to answer.

Exams are always going to feel stressful, but by making sure you're revising early and revising from time to time, you'll feel confident for the exam!”

IT CAN BE CHALLENGING MANAGING YOUR TIME AND STRESS DURING REVISION AND EXAMS – TELL US HOW YOU STAY MOTIVATED, AND THE STUDY TIPS THAT WORK FOR YOU:



“The way I stay motivated for my exams is by planning an awesome activity to do after exams, so that I have something to look forward to (going to a new city in the UK or maybe go-karting!). By thinking of this activity as a reward, my brain tells me that I have to work hard to achieve this reward.

When studying, I remain motivated by setting specific study times each day, which helps turn revision into a habit/discipline instead of a constant decision. Having a coffee or smoothie always helps to fuel my body to continue studying. After each revision session, I always have a small treat aligned, such as a chocolate bar.

One of the most effective study tips for me is active learning and summarising topics in my own words or teaching them out loud (especially for subjects with a lot of facts, like geography).”

TALK TO US ABOUT THE RANGE * OF SUPPORT AVAILABLE AT YOUR UNIVERSITY, AND HOW IT'S HELPED YOU:



“The Ask4Help at Northumbria University has been a lifesaver for me! It’s the first point of contact for anything! You can go in person, message online, or call, and they’ll solve your issue or point you to the right team. My example is when I wanted to apply to do some international work with the university, and I wasn’t sure who to contact. Ask4Help showed me how to contact the International Programme team by leading me through the various steps I had to complete on the website. Ask4Help is also available 24/7 during term time.

They also provide a lot of mental health and well-being support. The counselling and mental health team offer one-to-one sessions, workshops, and even self-help resources (you can also access support early if you need strategies to cope better!). There are wellbeing spaces on campus where you can talk to someone or take a moment to destress!

Northumbria University is great at supporting its students academically. There are different faculties within the university, and within each faculty, there are different departments. Each department has its own support teams and resources to help with things like assignments and specific study skills. Ask4Help has study skills sessions/workshops, and you can learn how to structure essays and reports clearly, how to use referencing styles, and so much more! Knowing that help is there if you’re struggling with coursework or exam preparation helps you feel a lot calmer!

Northumbria University also offer support with funding and immigration advice for international and home students. For example, I recently applied for funding for my International Short Programme to volunteer for 2 weeks in a different country! Some teams offer private help with finances and budgeting (which is helpful in cases that start affecting you outside your studies). There are so many accessible services for students, and these create tailored support plans and exam adjustments!”

IF YOU COULD PASS ON 1 PIECE OF STUDYING ADVICE, WHAT WOULD IT BE AND WHY?

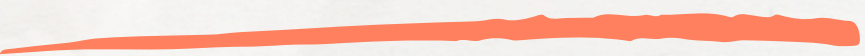


“My one piece of studying advice is to not just read notes, but test yourself on them. Rereading notes or highlighting feels productive, but it doesn’t really tell whether you understand or remember the content. Testing yourself by trying to recall key points forces your brain to actively retrieve information.

You can test yourself through flashcards, practice questions, covering up your notes and reading them out loud or simply doing short quizzes online. That is what builds confidence. This is because you’re able to recognise information under pressure.

If you master this skill during revision, the real exam feels much more manageable.”

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TELL US IN THE
COMMENTS WHAT TOPICS
YOU'D LIKE OUR
PARTNERSHIP ASSOCIATES
TO COVER!