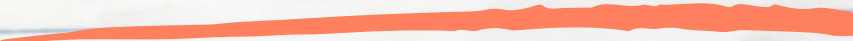


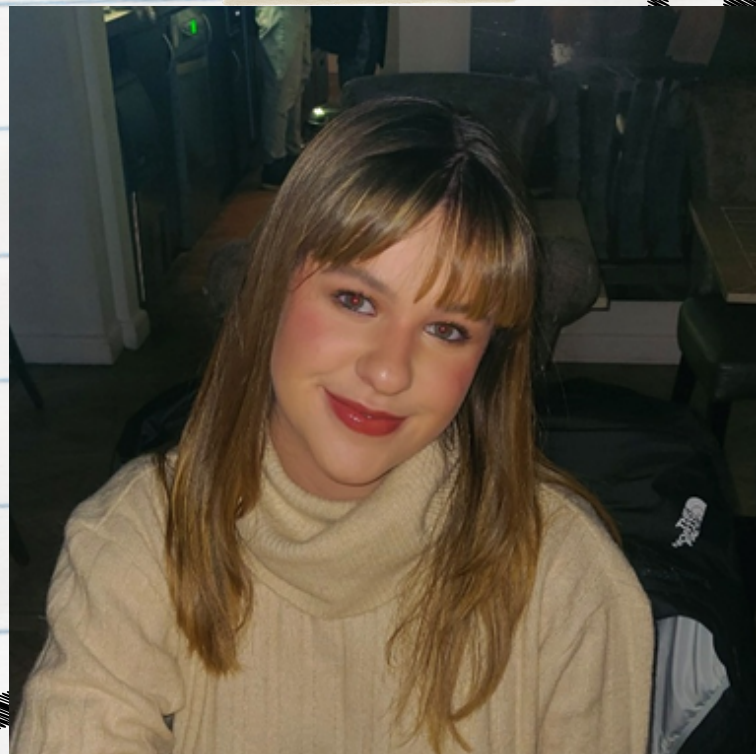
THE STUDENT BLOG



EXAMS,
REVISION AND
SUPPORT AT UNI



ELIZABETH



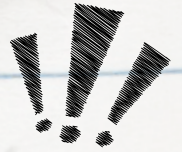
UNIVERSITY: **NEWCASTLE UNIVERSITY**

COURSE: **BIOLOGY BSC (UG) AND NOW REGENERATIVE MEDICINE
AND STEM CELLS MASTERS (MRES)**

FAVOURITE SCHOOL SUBJECT: **BIOLOGY**

HOBBY: **NETBALL**

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



“Exams have always made me really nervous, but over the years I have learnt a few preparation techniques that help make things a little easier!

Firstly, I try and give myself plenty of time to complete my revision before the day. This makes me feel prepared and avoids cramming, which can be very stressful!

Another tip that I have is to change your study environment. If you are sat at the same desk studying every day, it can get tiresome and hard to self-motivate. Try studying in the library, a café, or even the great outdoors (weather permitting of course!). A small switch can make a big difference!

Finally, speak to others about your feelings! Whether it's a friend, teacher or anyone that you feel comfortable with, talking about exam stress is vital in managing it and can take some weight off your shoulders. Most people can relate to exam stress and getting support from others is really beneficial!”

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:



“Exams have always made me nervous, but I find that if I give myself plenty of time to prepare and practice, I feel much calmer on the day! My favourite way of preparing for exams is studying with others – testing each other and discussing answers definitely improves my understanding!

I also love using flashcards as I find it much easier to memorise short, snappy bits of information rather than huge paragraphs of writing. I make them by hand or even using online platforms like Quizlet.”

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



“My lecturers have always been extra supportive around exam periods and often provide revision sessions to recap content, providing useful tips and tricks that we can use when completing independent revision.

Newcastle University also has an incredible Wellbeing team which offers lots of support to students all year round. Around exam periods, they often email students with links to various support platforms, some tips to ease exam stress, and even offer counselling to students (this is offered all year round). Reasonable adjustments, such as extra time and rest breaks during exams, can also be organised for students who may benefit from these.

I have utilised lots of this support, such as counselling, at my time at Newcastle University and it made a huge difference to my mindset approaching exams. Yes, I still get stressed, but it's much more manageable now and I have much calmer and more effective approaches to preparing for exams.”

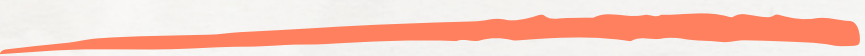
**IF YOU COULD PASS ON 1 PIECE
OF STUDYING ADVICE, WHAT
WOULD IT BE AND WHY?**



“I have mentioned this a few times, but talk to people! Speaking about stress is really important and can help you access lots of support that can make exam preparation less challenging.

Exams are important, but so is your mental health! Still take time for things that you enjoy, from hobbies to hanging out with friends. Balance is key!”

THE STUDENT BLOG



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