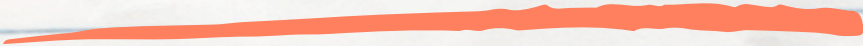


THE STUDENT BLOG



EXAMS,
REVISION AND
SUPPORT AT UNI



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UNIVERSITY: TEESSIDE UNIVERSITY

COURSE: MASTER OF PUBLIC HEALTH (APPLIED)

FAVOURITE SCHOOL SUBJECT: ENGLISH

HOBBY: WATCHING FOOTBALL

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

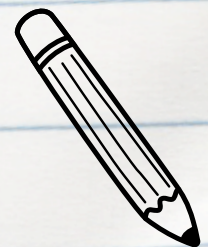


“I’ve always been quite calm during exam time. I never really treated exams as something scary, but instead, I saw them as just another normal day, or even like a small event. In fact, I used to look forward to exam days in a way, because there were no regular lessons, and it felt a bit different from the usual routine.

When it comes to preparation, revision has always been my key strategy. Every time I started a new topic, I would go back and revise from the beginning of the chapter. This repetition really helped build my confidence over time. I also tried to properly understand the topic instead of just memorising it, which made it easier to remember in the exam.

One thing I always followed was not opening my books at least 2–3 hours before the exam. I preferred to stay relaxed and keep my mind fresh rather than stress myself out at the last minute.”

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:



“Managing time during exams can be tough, but I always tried to keep it simple. My main goal was to go through the full syllabus at least once, just to get a basic understanding of all topics. That way, nothing felt completely new or unfamiliar.

After that, I focused on revision as much as possible. Even if time was short towards the end, I could still revise important or selective topics because I already had a general idea of everything. This really helped reduce stress.

For memorising, I sometimes used simple techniques like mnemonics, which made it easier to remember key points. Staying motivated for me was more about consistency than pressure, just doing a bit every day instead of leaving everything for the last moment.”

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



“At Teesside University, there is a wide range of support available, especially during exams and assignments. For example, the 24-hour library helped when I needed a proper study environment outside normal class time, especially near deadlines.

Library staff can also guide students towards relevant books, journals and online resources, which saves time and makes preparation more focused.

Student Success is helpful for one-to-one support with academic writing, study planning and understanding how to approach assignments or exams.

Personal tutors and seminar tutors are also useful because they know the course and can explain what is expected. Drop-in sessions make it easier to ask small questions before they become big problems. This support helped me stay on track, improve the quality of my work, and feel more confident during exams and assignments.”

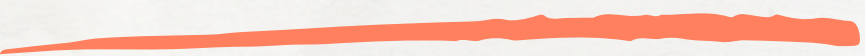
IF YOU COULD PASS ON 1 PIECE OF STUDYING ADVICE, WHAT WOULD IT BE AND WHY?



“If I had to give one piece of advice, it would be to not leave everything until the last minute. It just creates stress and makes things harder than they need to be. Try to start a bit earlier and take it step by step.

Also, don't stress yourself too much. If you feel stuck, always ask for help, there is always someone around you who can support you, whether it's a teacher, tutor or even a friend. And most importantly, try to understand what you're studying. When you understand it, remembering it becomes much easier”.

THE STUDENT BLOG



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