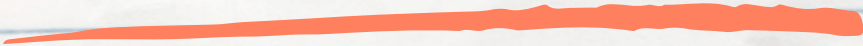


THE STUDENT BLOG



EXAMS,
REVISION AND
SUPPORT AT UNI



MUNIRA



UNIVERSITY: **TEESSIDE UNIVERSITY**

COURSE: **MSC MICROBIOLOGY WITH
ADVANCED PRACTICE**

FAVOURITE SCHOOL SUBJECT: **BIOLOGY**

HOBBY: **MOVIES, CROCHET, HIKING, DRAWING**

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



“Exams sometimes feel overwhelming before it starts, so to prepare, I draw a timetable for all the topics I need to revise and not forgetting adding time to rest.”

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:



“A tip that works for me is starting early, using flash cards, and drawing figures with labels. It builds muscle memory. As exams approach, all I need to do is to read around the topics and try to recall what I have studied.

When I start to feel stressed, I make sure to take some moments away from studying to relax. I add frequent walks to my routine and that helps me declutter my mind. It also helps with absorbing information.”

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



“Teesside university offers mental health and wellbeing, financial and sexual violence support to any student who needs them.

I have used the well-being support throughout my studies, especially when assessments get overwhelming, and it has kept me focused on my goals and how to achieve them in a clearer way.”

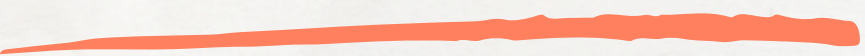
IF YOU COULD PASS ON 1 PIECE OF STUDYING ADVICE, WHAT WOULD IT BE AND WHY?



“I would recommend taking breaks in-between study periods and finding a setting that works for you so that you can maximise your study outcomes.

A relaxed mind recalls better during exams. So, take breaks - go for a walk, talk to your friends and family, or play with you pets”.

THE STUDENT BLOG



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