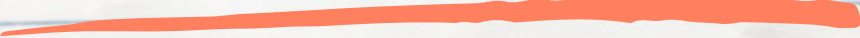


THE STUDENT BLOG



EXAMS,
REVISION AND
SUPPORT AT UNI



RICHELLE



Durham
University



UNIVERSITY: **DURHAM UNIVERSITY**

COURSE: **LAW (LLB)**

FAVOURITE SCHOOL SUBJECT: **ENGLISH**

HOBBY: **VIDEO EDITING**

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



“Every exam season, I always feel extremely stressed out. I was also aware of my procrastination habits. But what I did was use this pressure as motivation and that helped me stay focused and organised.

To prepare, I would normally make an outline of all the topics that would most likely be covered in the exam. Then, I make notes filled only with the information I feel is most relevant and any feedback from my teachers that I have gotten from previous worksheets. After I revise on my notes, I would practise with past papers and test myself regularly.

When it gets closer to the exam, I would focus on key areas I lack the most in and channel most of my focus into fully understanding it. I also try to avoid last-minute cramming as this makes me lose my focus”.

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:



“I keep myself motivated by making a to-do list and setting reminders on my calendar. What I love most about to-do lists is how rewarded I feel when I get to tick a box off. Setting these small but achievable goals help me keep track of my progress and makes me less overwhelmed. I can see all the things I need to complete without having to mentally keep track of everything I need done.

In terms of study tips, my favourite one is explaining topics out loud. What this means is after revising, I would pretend to “teach” someone else the topic. This could be to a friend or family member, but I prefer just speaking to myself. I feel that whenever I do this, I become more focused as it forces me to organise my thoughts clearly and to use my own words. Because of this, I found that it relieves the pressure of having to answer exactly like the textbook. If I got stuck or could not explain something, I would go back to my notes, review that part, and try again.”

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



“At university, there are many supports available, both academically and personally.

Academically, I can contact my lecturers and tutors easily through booking office hours, where I can ask questions and get feedback on my work. Furthermore, each of my modules have kindly recorded my lectures and give out handouts on before each lecture which help strengthen my understanding.

Every student is also assigned an academic advisor who are like personal tutors who you can speak to about any obstacles that might be affecting your studies. Universities often also offer wellbeing services, including counselling and mental health support, which can be especially helpful during exam season.

Overall, having easy access to these different types of support makes me feel empowered and more comfortable in such a rigorous environment.”

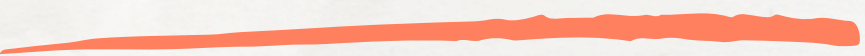
IF YOU COULD PASS ON 1 PIECE OF STUDYING ADVICE, WHAT WOULD IT BE AND WHY?



“If I had to give one piece of advice, it would be to remind yourself to try and get as much rest as possible. It is easy to forget giving yourself a break because each second of revision is valuable. That is understandable but I feel the less you take care of yourself, the easier it gets to burn out and lose motivation.

Rest does not have to mean sleep or taking naps, it can be reminding yourself to have fun occasionally. This can be “awarding” yourself by doing hobbies you love whenever you are taking a break.”

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