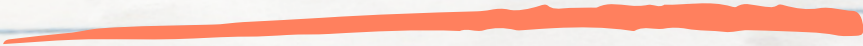


# THE STUDENT BLOG



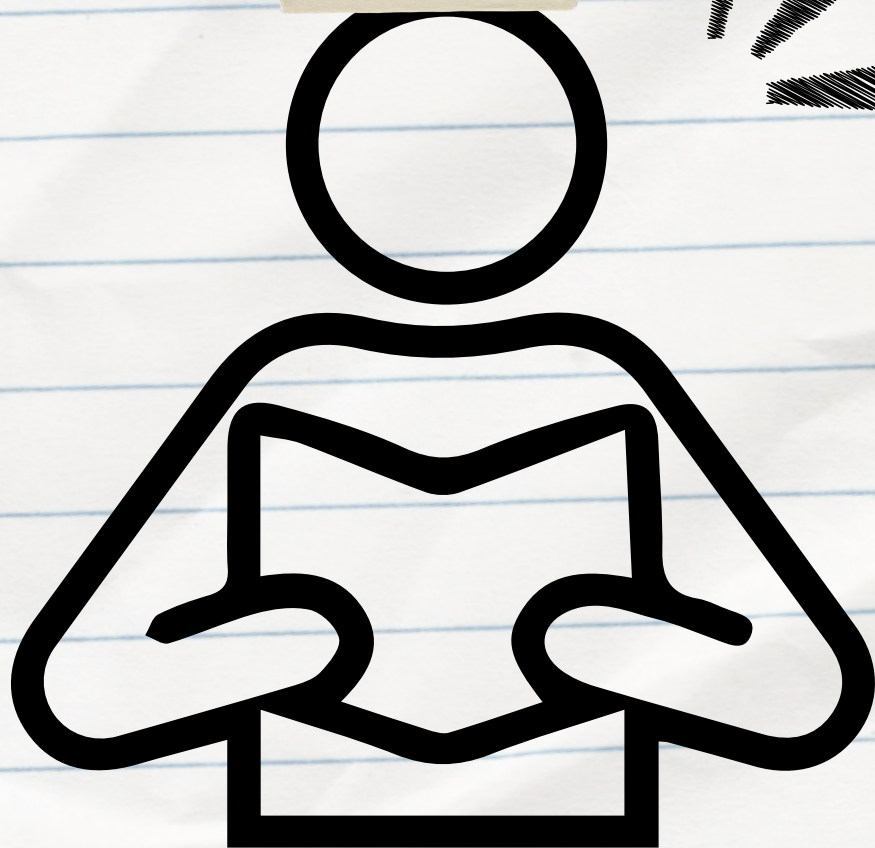
EXAMS,  
REVISION AND  
SUPPORT AT UNI



# SIMONI



Durham  
University



UNIVERSITY: **DURHAM UNIVERSITY**

COURSE: **LAW**

FAVOURITE SCHOOL **ENGLISH**  
SUBJECT:

HOBBY: **BASKETBALL**

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



“I usually feel a mix of pressure and focus. There is some stress, especially before going into the exam hall, but it tends to settle once I begin writing and get into a rhythm. At that point, I try to concentrate only on the paper in front of me rather than worrying about the overall outcome.

To manage these feelings, I use simple techniques like taking a few deep breaths before the exam starts, which helps me stay calm and think more clearly. I also avoid last-minute cramming right before the exam, as it tends to increase anxiety rather than help.

In terms of preparation during the exam period, I focus on consolidation rather than learning new content. I review key notes, go over summaries, and practise past paper questions to keep exam technique sharp. I also reflect briefly after each exam, noting what went well and what could be improved, but then move on quickly to the next subject.

Maintaining a routine is important as well. I make sure I get enough sleep, eat properly, and give myself short breaks between exams to reset. Overall, even though exams are naturally stressful, staying calm, focusing on preparation that reinforces what I already know, and keeping a structured routine helps me perform consistently”.

# 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:



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“Managing time and stress during revision can be difficult, especially as exams approach, but I try to stay motivated by focusing on small, consistent progress rather than the overall pressure. At the start, I often feel overwhelmed, but breaking my workload into clear, manageable tasks makes it feel more achievable and gives me a sense of control.

What keeps me motivated is setting realistic daily goals. Instead of aiming to revise everything at once, I plan specific topics for each session. Completing these smaller goals builds momentum and makes the process feel productive. I also remind myself of the long-term outcome, doing well in exams and keeping future options open, which helps maintain focus.

In terms of study techniques, I find active revision the most effective. I regularly use past papers under timed conditions, as this helps me understand exam structure and improves my time management. I also create concise summary notes or flashcards to reinforce key ideas and make revision more efficient closer to exams.

To manage stress, I structure my time with short, focused study sessions followed by breaks. This prevents burnout and helps maintain concentration. If I start to feel anxious, simple strategies like taking a few deep breaths or stepping away briefly help me reset and return to work more effectively.

Overall, staying organised, using active revision methods, and maintaining a balanced routine allows me to stay motivated and manage both time and stress during exam periods.”

**CHOICES**  
**TOGETHER**

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



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“At university, there is a wide range of academic and personal support available, which makes a significant difference, particularly during busy or high-pressure periods.

Academically, lecturers and tutors are a key source of support. They are approachable during office hours and willing to clarify difficult topics or provide feedback on work. Small group tutorials are especially useful, as they allow for more detailed discussion and help reinforce understanding in a more interactive setting. Access to resources such as recorded lectures, online materials, and past papers also support independent study.

There is also structured academic skills support. Workshops and one-to-one sessions on essay writing, referencing, and exam technique help improve the quality of work and build confidence. Libraries provide quiet study spaces as well as guidance on research and accessing academic sources, which is particularly helpful when working on assignments.

In addition to academic support, wellbeing services are available for managing stress and maintaining a healthy balance. This includes counselling services, wellbeing advisors, and support for managing exam pressure. Even simple things like organised study spaces and peer support networks can make a difference.

Having access to both academic guidance and wellbeing support has helped me stay organised, manage pressure more effectively, and approach my studies with more confidence.”

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



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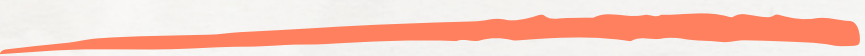
“If I had to give one piece of studying advice, it would be to focus on active revision rather than passive reading. Simply going over notes can feel productive, but it often does not lead to strong retention or exam readiness.

Instead, methods like practising past papers, testing yourself, or explaining topics out loud force you to recall and apply knowledge. This highlights gaps in understanding and improves both memory and exam technique. It also makes revision more efficient, especially closer to exams when time is limited.

This approach works because exams require you to use information, not just recognise it. By practising in an active way, you become more confident in applying what you know under timed conditions.

And if explaining a topic out loud makes you sound slightly unhinged to anyone nearby, that usually means it's working.

# THE STUDENT BLOG



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