

How to survive your exams!

We do not have to tell you that this can be a stressful time.

We would like you to take a moment now to think about how you are going to take care of yourself during this period.



Time

Be fair to yourself.....

Give yourself enough time to learn what you need to learn.

- You cannot cram all you need to know in a short amount of time - your short term memory can only take in a limited amount of information at a time (between 5 and 9 pieces of info).
- For information to stay in your memory- that is, go into your longer term memory you need to go over the information several times (rehearse it).



You cannot learn everything in the time that you have- you must talk to your teachers- they will guide you towards what you need to revise

Space

Be fair to yourself...

Make sure that you are revising in the right environment for you...

Evidence suggests for some people, music (auditory) can help you to revise - when you are reading (visual) material (visual).

Some people need silence when they revise.



You know the environment you work best in- you have to be honest with yourself.

It is not good to have the TV on as you will be trying to watch (visual) the TV and read through your notes (visual) at the same time...your brain is amazing, but it does struggle when you try to work it in this way.

Be aware of how you like to learn/revise ...you might like to tape yourself reading through key points you need to know...play the tape to remind you. You might like to revise using mind maps- creating diagrammatic, visual clues as to what you need to remember on a topic.



You cannot work for hours at a time revising- you need to give yourself regular short breaks- (e.g. after every 20-30 mins). Make sure you move away your work - get a drink or go for a short walk.

Remember- stress will get you nowhere-talk to staff if you have any concerns!