

**‘the advice hub’**  
**Your Union Your Support**

# **Self- Assessment for Exam Revision**

*The last thing you may want to think of is another assessment, but spending 10 minutes on this could help save you time and worry.*



**Information Services**



# TRUE OR FALSE?



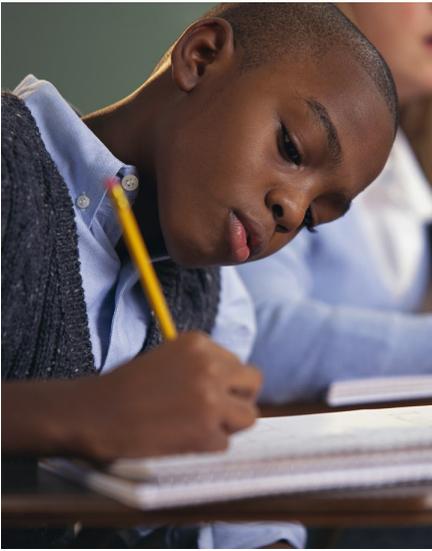
- 1) The best time to start revising is in the week before exams.
- 2) You should learn one topic completely before you move on to the next one.
- 3) Revising means just reading and copying out your notes.
- 4) When making a schedule, you should only plan to have breaks or free time when you are 100% sure you can spare the time.
- 5) There's no way to tell what might be on an exam, so you have to memorise everything from the entire course.
- 6) Revising with other people is distracting and a waste of time.
- 7) Instructors only want to hear their own words repeated back to them, so you should focus on memorising exactly what they said in lectures.
- 8) Everyone else is better at exams than I am!
- 9) It's more important to spend the night before the exam studying than it is to sleep or eat properly.
- 10) Making a timetable or schedule is just another task to complete. Revising when you're in the right mood is better and more effective.

**Answers: All of them are false!**

1) ***The best time to start revising is in the week before exams.***

**FALSE**

True	False
<input type="checkbox"/>	<input checked="" type="checkbox"/>



Revision is something that should be done throughout the whole course, not just before exams. Revision is part of active learning. Our memories work better if we revise academic material throughout the semester instead of trying to learn it all at once before an exam.

2) ***You should learn one topic completely before you move on to the next one.***

**FALSE**

True	False
<input type="checkbox"/>	<input checked="" type="checkbox"/>

You don't need to revise in the same order as you will do your exams (no need to do all the revision for your first exam first). Mix it up! This will help you keep interested, allow you to give more time to subjects you find more difficult and let you revise the same material more than once.

3) ***Revising means just reading and copying out your notes.***

**FALSE**

True	False
<input type="checkbox"/>	<input checked="" type="checkbox"/>

Instead of just reading, try to read to find out. Find out answers to previous exam questions or questions you make up yourself.

To help you to really understand the material and keep things interesting, mix up different kinds of revision activities such as reading, writing, mind-mapping, reciting, listening, discussing, drawing, using cue cards

and/or mnemonics. Find revision activities that work well for you and your learning style.

Practice writing by hand for several hours\* at a stretch. You want your hand to be used to writing so as to avoid cramping and stiffness in your fingers and hand.

\*How long does your exam last? Then you need to practice writing for that length of time without pauses.

- 4) *You should only plan to have breaks or free time if you are 100% sure you can spare the time.*

**FALSE**

True	False
<input type="checkbox"/>	<input checked="" type="checkbox"/>

Even the most dedicated student can't study 24 hours a day. Make sure your schedule has time in it for enough sleep, preparing healthy meals/eating, social time, exercise, family and other commitments. If you are running low on time, prioritise which items you most need to revise and which ones can be left out.



- 5) *There is no way to tell what might be in an exam.*

**FALSE**

True	False
<input type="checkbox"/>	<input checked="" type="checkbox"/>

Often lecturers will give you clues about what sorts of questions or topics are likely to appear in an exam. Use past papers to make yourself familiar with the exam format, length, question style and topics. Look for patterns

of recurring questions and topics. Prioritise what you revise to include the most important theories, topics and evidence and be sure you understand them well enough to explain them in your own words. Read extra materials if your instructors expect this.



6) *Revising with other people is distracting and a waste of time.*

**FALSE**

True	False
<input type="checkbox"/>	<input checked="" type="checkbox"/>

Of course this depends on who you choose to revise with. If you revise with classmates who are focused, positive and who want to succeed, it can really help keep up your motivation. Discussing readings, problems and

answers can help you to better understand and so better remember course material. Teaching others in your study group is a good technique too; if you can explain content to someone else, it means you really understand it.

7) *Instructors only want to hear their own words repeated back to them*

**FALSE**

True	False
<input type="checkbox"/>	<input checked="" type="checkbox"/>

Simply memorising content doesn't help you to understand it. Instructors look for evidence of understanding, thinking and making connections, not just the ability to recite (like a parrot). Try to make summaries of your notes and link concepts together, as this encourages you to remember ideas instead of just words. When you review your notes, you might find that some topics were emphasised more than others. These are more likely to appear on the exam, so being able to explain them in your own words without oversimplifying is important.

8) *Everyone else is better at exams than I am!*

**FALSE**

True	False
<input type="checkbox"/>	<input checked="" type="checkbox"/>

Comparing yourself to others rarely does any good. While taking the exam, try not to pay attention to others. Remember, the students who finish early don't necessarily do well! Most people feel anxious when taking exams. Fear is normal – it does not mean that you should give up and take a nap! Use your time wisely and set aside at least ten minutes to go over your work at the end.

9) *It's more important to spend the night before the exam studying than it is to sleep or eat.*

**FALSE**

True	False
<input type="checkbox"/>	<input checked="" type="checkbox"/>



Your parents and teachers have been telling you for years that you think better when you're well-rested and have eaten a nutritious meal, and it's true. If you don't have time to make a whole meal, at least have a healthy snack such as some fruit, a cereal bar or a sandwich before your exam.

10) *Revising when you're in the right mood is better and more effective.*

**FALSE**

True	False
<input type="checkbox"/>	<input checked="" type="checkbox"/>

For many of us, our favourite day of the week to study is "tomorrow". The problem is that we are rarely in the right mood to study.

Now that you know the facts about exam revision, make a revision timetable that balances enough study and practice test time for each subject, healthy eating, sleeping, exercise and relaxation time. An example has been filled in.



# TIMETABLE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 – 10:00			Breakfast				
10:00 – 11:00			Study math				
11:00 – 12:00			Study Econ.				
12:00 – 13:00			Gym				
13:00 – 14:00			Lunch				
14:00 – 15:00			Econ. review				
15:00 – 16:00			Relax watch TV/email				
16:00 – 17:00			Study math				
17:00 – 18:00			Study mgt.				
18:00 – 19:00			Dinner				
19:00 – 20:00			Phone/Facebook				
20:00 – 21:00			Practice math test				
21:00 – 22:00			Prepare for next day				
22:00 – 23:00	Relax	Relax	Relax	Relax	Relax	Relax	Relax

Classes		Work
Travel		Sport
Meals		Friends

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**Designed by the Advice Hub**

Adapted from the following publications:

Burns, T. & Sinfield, S. (2005) *Essential Study Skills: the complete guide to success @ university* London: Sage Publications.

Cottrell, S. (2008) *The Study Skills Handbook*, 3<sup>rd</sup> ed., New York: Palgrave MacMillan.

Levin, P. (2004) *Sail Through Exams!* London: Open University Press.

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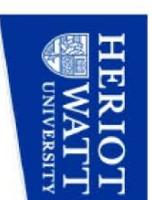
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**Monday-Friday 10:00am-4:30pm**



# TIMETABLE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 – 10:00							
10:00 – 11:00							
11:00 – 12:00							
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Classes	Work
Travel	Sport
Meals	Friends