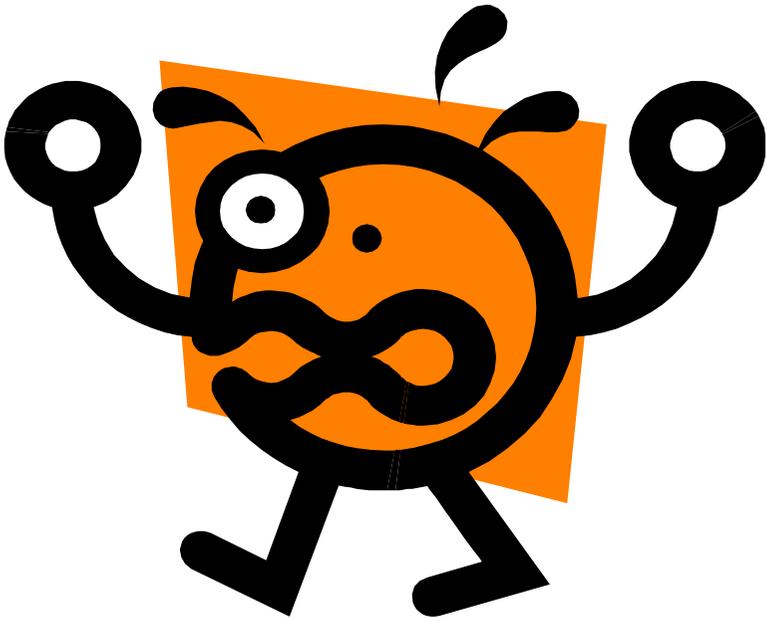


Exam Survival Guide



How can you survive exams??? By following some of these tips to...

- manage stress
- last-minute revision tips
- memory tips
- understand the purpose of your exams
- understand the advantage of exams
- watch out for pitfalls
- work out any other preparation you may need for the exam

. develop strategies and techniques to make the best of your exam time



Manage Stress

All work and no play does not a healthy balance make:

- Stay active
- Be positive
- Spend time doing something that makes you happy
- Laughter is acceptable!
- Sleep can rejuvenate
- Meditation and yoga are good mind-cleansing actions to help keep you calm
- Try to have a good support network in place—friends and family are important and can put things into perspective



Last minute: keep an eye on your revision schedule. Wait, don't have one and the exams are here? Don't panic...

- Look at your course handbook information and timetable—this can help you write a list of headings
- Look at past papers—ask at the library where to find the ones for your particular subjects

- Talk to your tutor—discuss the areas you are looking at and your tutor should be able to identify any weak areas

Memory Tips

- Get your mnemonics on! Memory triggers really can help, especially with lists of information.
- Say it out loud. For some people, it really helps to hear the information, rather than to read it
- Make notes—whether lists, diagrams, mind mapping or grids, find what works for you and before you know it, you will have a breakdown of key points.



It is OK to:

- Work with others, or
- Use individual study rooms, and use
- 24-hour library opening during study periods

Purpose of exams

- Check your understanding of course content
- Confirm that work submitted is entirely your own

Why is this good? Well, it helps you see if you are on the right track and if not, shows you the areas you need to work on.



Dave realised that his master plan to clone parts of himself to do everything all at the same time might not succeed...

Advantages of exams

- Can't give too long answers
- Less in-depth research required
- Less detailed references
- Examiners more sympathetic to handwriting/grammar/spelling and forgotten details

Pitfalls

- Stopping revision too soon—knowledge absorption is not always as quick as we would like. Try to test yourself on your understanding before moving on
- Not answering the question—read the question more than once to understand what is being asked
- Mind blank—it will come back to you—you can always leave that question until last
- Leaving revision to the last minute—but if there were specific reasons for that and you need to appeal, talk to us in the Advice Hub
- Going over same notes again and again without absorbing information—have a break to give your mind breathing space
- Procrastination—if you can tick off your important tasks first, then you can actually take some of the



weight off your mind

- Lack of motivation—this can happen for lots of different reasons. Talk to people—there are support services who may be able to help
- Learning essays off by heart—you need to demonstrate not only knowledge but understanding. Learning by rote does not allow you that development
- Panic—take a breath, let yourself relax and keep breathing in and out slowly until the feeling subsides
- Boredom—revision and exams are not fun, but think of what your achievements can bring you when you have applied your knowledge efficiently
- Other responsibilities—unfortunately everyday lives must also be lived during exam periods. If it gets too much, talk to your mentor or the support services—we may have a solution

Other preparation

Double-check where your exam is, any additional exam instructions (ie, bring a specific calculator), give yourself enough time to get there and, most importantly,

don't forget to allow yourself enough rest the night before.



Once your exams are finished, reward yourself for all your hard work.

Good luck!

'the advice hub'

Your Union Your Support

**Hugh Nisbet Building, Ground Floor,
Between Shop and Bank,
Riccarton, Edinburgh
EH14 5AS
Tel 0131-451-4535
E-mail advice.hub@hw.ac.uk
www.hwunion.com**

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



Advice Hub HWUnion



@HWUnion Advice Hub

**Text written by the Advice Hub with the assistance of
information from Isabelle Pottinger & Marion Kennedy
E-mail advice.hub@hw.ac.uk Tel 0131 451 4535**