

# Let's Talk About...

Exams,
Assessments
& Revision

Memory Hacks

Combating
Stress &
Burnout









# A Quick Introduction...

We are all too familiar with the wide variety of feelings exam season can bring. Some students thrive on the pressure of a tight deadline, whilst others dread the looming countdown.

Whatever this assessment period looks like for you, we know that this can be a stressful time for any student. We've put together some of the best advice a student could ask for. Sit back and enjoy the ride!



# **Exams, Assessments & Revision**

The most important part of succeeding in any assessment is to prepare effectively. Although everyone is unique and has their own style of learning, there are some general tips you should use to make sure you feel prepared.

# Separate your study space from your leisure space!

Whether you are studying in university halls or at home, it is super important to separate your work from play. This also applies to your laptop if you have apps downloaded, like Netflix, make sure they're closed whilst working so you're not tempted!



# Take frequent breaks!



People often can't concentrate effectively on one thing for too long. When making your study plan, factor in a break every half hour or so to do something you enjoy.

If you feel yourself lacking concentration or motivation, it's better to take a step back, rather than trying to push through and risk causing frustration and fatigue.

# Know your study style!

We all take in information differently. Some of us prefer listening to content, whilst others prefer visual stimuli. Knowing your own learning style will help you study more effectively, and also enjoy it!

There are loads of tools on the internet to find out your learning style, try them out and see what your optimal working method is.

# **Reward yourself!**



Before you start revision, think of a reward, and set yourself a work-related target to earn it. Whether it's eating a Starburst after every page of notes, or watching your favourite film with a takeaway after submitting your assessment, it's always important to recognise your hard work.

This will also allow you to enjoy your time away from your revision without feeling guilty.



# **Memory Hacks**

Our brains are powerful things, yet sometimes it still seems difficult to retain information. Here are some tricks to help you get your memory into gear for those exams!

# Make a memory palace

Divide your studying into themes, if a subject is more closely related to the previous one then it will be easier for you to flow between topics.



# **Colour coordinate**

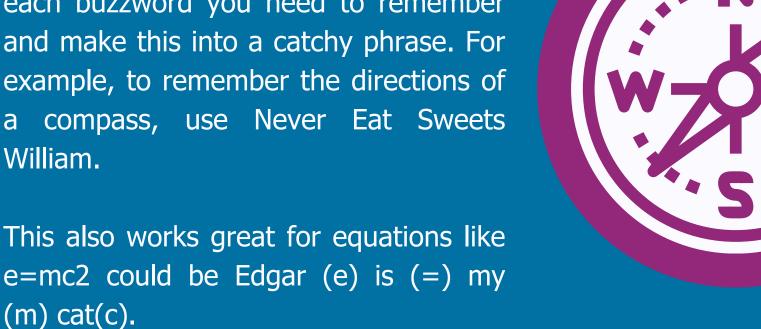


When writing your notes, pick coloured pens or coloured sticky notes and assign each one to a theme or subject you need to cover.

When recalling the information later, go through all the colours you used when revising in your head, this should help you not to leave anything out!

# Make a catchy phrase

For anything short, using a mnemonic can really help. Pick the first letter of each buzzword you need to remember and make this into a catchy phrase. For example, to remember the directions of



# Repetition, repetition, repetition!

Repetition is another powerful tool. You can utilise the 'look, cover, write, check' method, which means you look at the information, cover it up, try and write as much as you can remember and then check to see how much you got.

You could also turn your footnotes into a catchy tune, or just say them out loud multiple times. It's also helpful to test yourself or get someone else to test you, eventually it will stick.



# Combatting Stress & Burnout

Stress is completely natural to experience, especially with the pressure of an assignment, but there are lots of things you can do to try to keep it at bay. Here are a few of the best:

# **Plan ahead**

Knowing what your goals are and when to complete them is a great way to stay on track and prevent last minute burnout. Make a to-do-list of everything you need to cover and spread it out evenly across the time you have until your assessment.

If you have been putting off work over the break and have realised you've left it until the last minute just remember, it's never too late to start! It's better to do something now than nothing later.

# **Divide your tasks!**

We all have reasons why we might procrastinate. It might be because you don't enjoy the topic, or something seems too large to tackle now. To help avoid this and spread your workload more evenly, create a to-do-list and number them from most to least urgent. However, you may also want to choose easy tasks to do in-between as a break for your mind.



# **Hobbies and socialisation**

# Take care of yourself

'A healthy body is a healthy mind': without good food, a bit of exercise, and a decent amount of sleep, your brain won't be able to keep up with all the hard work you put into your studies. Remember to care of yourself!



# **Stay social**



There are plenty of ways to keep in touch with your friends: plan games nights, movie nights, or host a study session. You can even meet virtually if you've stayed at home to study. It is easy to isolate yourself when focused on assessments, so be sure to make time to be with others.

# Make time for what you enjoy...

Reading is a great way to take yourself out of assignments! Maintaining a balance of reading for university and for your own pleasure is integral.





Exercise is amazing for your wellbeing! For a more active workout the on-campus gym is available as well as many sports societies. Or if you prefer a more casual activity, don't underestimate a short walk.

Music can be a great way to relax and unwind after a study session! Different people might utilise music while studying or for unwinding. Learn what works for your study style.





Writing is a great outlet for self expression! It can make a nice change from academic writing to try journaling or drawing as a way to organise your thoughts in stressful times.



# **Support Network**

If you require counselling support, you can access the one-at-a-time (OAAT) service through the university wellbeing team.

Or if you just need an extra helping hand, here are a few key contacts you should know about:

#### **AberSU Advice Service**

https://www.abersu.co.uk/advice/

#### **Student Services**

https://www.aber.ac.uk/en/studentservices/wellbeing/

# **Subject librarians**

https://www.aber.ac.uk/en/is/library-services/librarians/

## **Academic Reps**

This can be found in Student Record & Find My Rep

#### **Academic Affairs & Wellbeing Officers**

ddostaff@aber.ac.uk & eawstaff@aber.ac.uk



Email: studentwellbeing@aber.ac.uk Telephone: 01970 621761 or 01970 622087.

# Who To Talk To?

Having a strong support network will help with coping during times of increased stress. It is important to let them know when you're struggling so they can help. Who can you talk to?

### **Personal Stresses:**

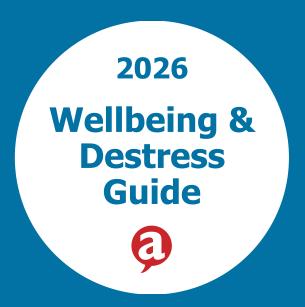
If you are experiencing personal problems that are affecting your work or life, try reaching out to friends, family, fellow society members, or flatmates.

# **Academic & Work Stresses:**

If you are experiencing problems with your academics or assignments, try reaching out to your fellow course-mates, personal tutors, academic representatives, or co-workers.

Strong connections help carry the burdens of student life. And in these networks you can also practice active listening to help support others and create environments that allow all to be open and honest.





That's everything from us, for now! Now get out there and rock those assessments!

Best of Luck, Esperanza and Tanaka.

