

STUDY TIPS

Preparation is key!

- Make sure you have gathered all your lecture notes and past papers (if you can get access) for each subject.
- Highlight important information.
- Think about what might be asked and write out answers to potential questions.
- Ensure you have enough pens and paper material when you start to study.
- Try to get a well-lit, quiet and ventilated area to study (this might be your garden).
- Silence your social media accounts during the day so that you can focus on your studies.
- Set out a realistic study timetable that includes study breaks and extra-curricular activities.
- Make sure you exercise, eat healthily and stay hydrated during your study period. Its very important that you get out of your accommodation daily for your own mental health.
- Have early nights so that you are alert the next day to study.
- Avoid drinking alcohol during this time as it will hinder a good nights sleep which will impact badly on your study the next day.
- Have a copy of the exam timetable and know what day, time and format that exam is being held.
- Once an exam is over make sure you put your notes aside or away so that you can then study and focus on the next exam – over-thinking about a past exam will only hinder your concentration.

Remember these are unusual times, so all you can do is your best under the circumstances.

Best of luck!!