



University of
East London

EXAM GUIDE

How to survive
your exams



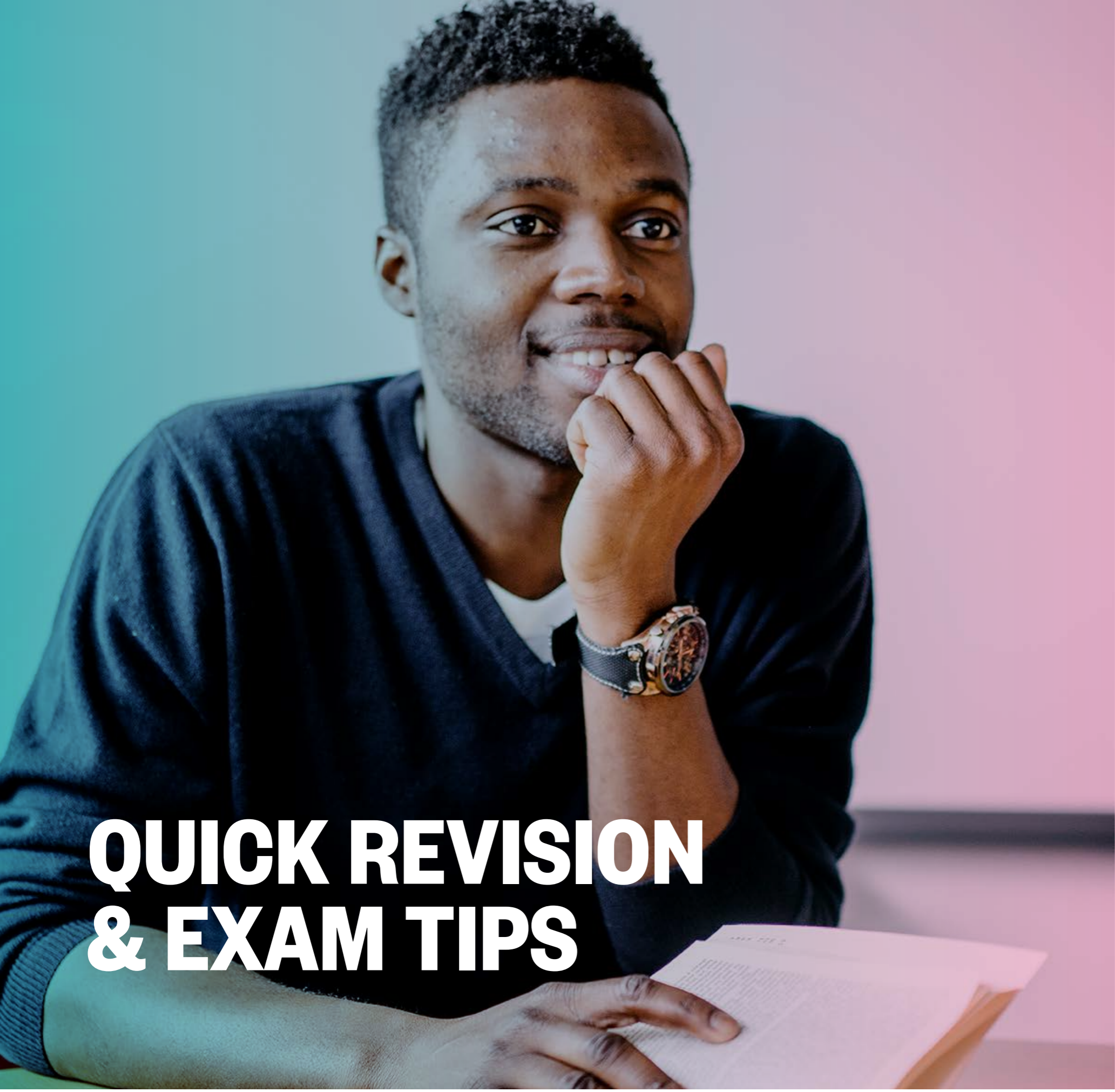
uel.ac.uk



DON'T STRESS

After two years of lockdowns, school closures and disruption to learning - exams are back for 2022. Revision, staying focused and anxieties around your future can make this period a stressful time. But we've got your back!

This useful guide is filled with will tips and handy hints to help support your journey through the exam period and beyond.



QUICK REVISION & EXAM TIPS

- 1** Start revising early – months not days before your exam.
- 2** Practice papers can give you an indication as to the type of questions that you will be asked during the exams. Try and do as many as you can, your exam board will have past papers on their website.
- 3** Teach someone else what you've learnt – it will help you order ideas in your brain and help you remember them. This is called the Protégé Effect.
- 4** Watch a documentary, YouTube Video or listen to a podcast. Alternating between written content, audio and visual content will help you remember key details in multiple ways.
- 5** Keep away from your phone (and other distractions)– or if you are using it for revision turn off social media notifications.
- 6** Try to be clear and concise when writing your answers and stick to the key points.

SLEEP, EAT, REVISE, REPEAT!

Start Early



Try not to cram in everything at the last minute. Give your brain plenty of time to process and order the information so you can recall it during an exam. More information on this 'Spaced Repetition' technique can be seen in [this YouTube video](#).

Get Comfy



You will need somewhere comfortable with good lighting. It can be a library, your school, your bedroom (although ideally not your bed!) or even a local café. Find the right atmosphere that works for you.

Create a plan



You will need somewhere comfortable with good lighting. It can be a library, your school, your bedroom (although ideally not your bed!) or even a local café. Find the right atmosphere that works for you.

Eat Well



Help your brain by having plenty of healthy snacks to munch on. Bananas can help improve mental alertness, nuts are better than crisps and berries can help improve your memory. Check out [this Harvard Health](#) article on which foods are linked to better brainpower

Take notes



Highlight things you are unsure of, try and recall information using your own words and you can stick notes throughout your house. You can still enjoy

“A good tip which I’ve found very helpful is to meet with a friend, or a few friends, and discuss the topic at hand, in detail, and make notes together.” **Einer Gomez, BSc (Hons) Business Management (Marketing)**

REVISION APPS

Gojimo



This app was built by a student when they were at uni. It gives you access to practice questions for GCSE, A-Level, IB and more. Gojimo claim they are the UK's most popular revision app with 1 in 3 students using it for exam success. Free and available for Android and IOS devices.

www.gojimo.com

Get Revising by The Student Room



This free resource is an online platform provided by the UK's biggest online student community. It helps you to create personalised study plans, practice past papers and build mind maps.

getrevising.co.uk

Flow – Focus & Pomodoro Timer



Flow is a simple yet powerful revision app that uses proven techniques to help improve focus and reduce stress. The aim of this app is to help you focus on any task you are working on, such as study, writing, or coding. Free and available for Android and IOS devices.

StudyBlue Flash Card & Quizzes



This is a brilliant study app that allows you to use electronic flashcards as study aids. You can create your own aids or draw from StudyBlue's library of over 500 million user-generated cards. Free and available for Android and IOS devices.

Evernote



A great, free, note-taking app which you can use to make notes (or take pictures of written notes and store and search digitally.) You can use it for revision purposes and continue with it if you decide to pursue a university degree or go into work (it is great for staying organised or making notes during lectures.)

evernote.com



HOW TO STRESS LESS

Revision and exams can place stress on our minds and bodies. So, here are some ways to relax.

Mindfulness



Try living in the moment – it has been proven to improve our moods, increase feelings of wellbeing and soothe our busy over-thinking minds. Headspace is a great app to help you anchor yourself in the moment. And if you want to try some meditation the Do Nothing Project will help you do what it says on the tin jeffwarren.org/event/do-nothing-project or if you're a fidgety skeptic try the Ten Percent Happier App www.tenpercent.com

Self-Care



Keeping an eye on where you are emotionally, physically and mentally is important. Often our bodies tell us there is something wrong before we realise. If you're struggling reach out to someone or take some time out for yourself. The Blurt Foundation has a whole page of resources on mental health whilst studying. www.blurtitout.org/resource/mental-health-university

Sleep Well



Don't turn into a revision zombie. Staying up all night is not the solution, it will make you more tired, anxious and less able to learn. So, make sure you get plenty of shut eye. Try the free Pzizz app to fall asleep fast with a variety of personalised soundscapes to get you snoozing. pzizz.com

Get Active



There are a lot of benefits to keeping active – check out [this YouTube video](#) for a few reasons to get moving whilst revising.

Drink Water



Staying hydrated will help you feel more alert. Use the [waterminder app](#) to keep track of your water intake.

WHAT NEXT

Once your exams are finished and after you've had a well-deserved rest, you'll be thinking about what to do next. This could be an apprenticeship, a gap year, a job, or heading off to university.

Work



Getting a job may be the last thing on your mind but earning some money this summer could be a useful buffer for the future. You could save up to see the world, or for your next step into university.

Holiday



You deserve a break after all that study. If you're planning a gap year you could use this time for further research, or it might be a chance for a short getaway to refresh yourself.

Explore



If you're planning to go to university, you could spend time getting to know the city or town you're moving to. It will help orientate you when you arrive.

University



Starting out on your higher education journey is exciting. At the University of East London, we pride ourselves on the level of support we offer new students to help you make the right choices. With a degree, you are more likely to be in employment than those who haven't been to uni and you'll earn more than a non-graduate during your lifetime.

Our Career Zone is a one stop shop for all things related to your future career and employability to support all our students and offer advice and opportunities for placements and internships during your study and after graduation.

HOW TO APPLY



If you decide that university is the right step for you, here's how to apply. If you would like to start in September 2022, the UCAS deadline for most applications was 26 January 2022. If you missed the deadline, don't worry, you can still apply through a process called Clearing. Check out our Clearing Guide [here](#) for a full breakdown of the process.

CLEARING

What is Clearing



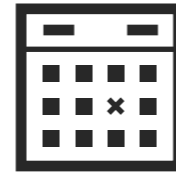
Clearing is another way of finding a place at university. There's no need to panic – you can still secure a place on a course starting in September. Students who come to the University of East London through Clearing often go on to achieve first-class grades and inspirational careers.

Why Clearing



There might be lots of reasons why Clearing could be an option for you.

- You don't hold any offers
- You missed the UCAS deadline
- Your exams don't go as well as you'd hoped
- You've changed your mind about the course or city you want to study in.



When is Clearing

Clearing runs every year from July to September but it's never too early to start your research. Have a look at courses and universities you're interested in. Lots of unis (including the University of East London) offer a preClearing service, where you can sign up in advance and be the first to get an offer when Clearing officially opens. Register for pre-clearing [here](#). Find out more at uel.ac.uk/clearing





**WHY
THE
UNIVERSITY
OF
EAST
LONDON**

Careers



Our priority is your career, and our dedicated Career Zone will support you throughout your academic and employment journey.

**Career Zone at UEL –
➤ Overview of the Platform**

Industry Connections



We collaborate alongside industry partners to ensure our courses and teaching are keeping up with the rapid changes in the sector. We are also shaping industry. We work alongside employers, experts and a wide portfolio of professionals to ensure the skills you develop are easily transferable.

Lape - Film -
University of East London



East London is one of the best places to live and learn. And we are based in the heart of the East End with opportunities around every corner whatever course you decide to study. Check out what our students have to say about East London on our interactive platform wherenext.uel.ac.uk

**Explore East London
with Uma** 

Location

Community

We are part of the local community in east London, where we are based, but we also have our place in London, UK and the world. We have developed partnerships throughout the world that help sustain our academic teaching, our students and our staff. We encourage everyone at the University of East London to become leaders, make positive contributions to society, and encourage positive change in the world.



**Be The Change -
University of East
London** 

Support

University can be a life-changing experience, and at the University of East London we ensure that you get the support you need along your journey. We offer a variety of support services including one-to-one advice from our academic tutors, study skills sessions, mental wellbeing support, and peer advice from recent graduates to help you stay on track. We'll advise and encourage you from the moment you apply to the day you graduate – and beyond.





Meet Our Students

At the University of East London, we are a supportive, diverse and inclusive community. You'll meet people from around the world - we have students representing 140 nationalities. You can find new interests, make lifelong friends, and enjoy the excitement of university life. Meet some of our current students **here**.

Social Media Links

Twitter: @uel_news

TikTok: @universityofeastlondon

Instagram: @universityofeastlondon



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