

# Top Tips for Revision & Exams



## Improving Memory & Recall



### Use Mnemonics or Songs

Choosing something that conjures a funny or memorable image can be useful to improving your recall of information in exams. Be as funny or creative as you like!



### Revise in Layers

The layering technique is useful for complex information. Learn the basic concepts first and then increase in complexity as you go along. In your exam, you should be able to remember the first layer at least, and as you write, the other layers will come back to you!



### Reorganise the Information

Rereading your lecture notes is unlikely to improve your recall of the topic. In order to truly synthesise the material, you should reorganise the content. Try turning it into lists, mind-maps, pictures or index cards.

## Well-being for Exams



### Let Your Brain Rest

A good night's sleep after revision and before your exam will allow the unconscious brain to synthesise what has been learned. This is particularly useful when revising a tricky concept.



### Food for Thought

Your choice of food can impact your well-being and improve or hinder your exam performance. Plenty of water, fruit, vegetables, and omega oils are particularly beneficial. Avoid excessive caffeine consumption and food high in sugar, and these will affect your energy levels.



### Take a break

Studying for long periods at a time will negatively affect your recall, so schedule breaks at regular intervals, and do something completely different. That way, when you return to your revision, you can test your ability to recall the information.

## 24 Hours Until the Exam



### Go Offline

Unless it is vital for you to have access to social media, consider not logging in for a few hours. It is easy to get sucked into videos and conversations, so use your time wisely.



### Nothing New

Don't start revising brand new material at this point, or trying a new revision technique, as it is unlikely to stick, and it isn't a good idea to be under any more pressure at this point! Use your tried and tested methods of revision and brush up on any difficult to grasp areas instead.



### Get Set

Save a lot of time and stress by preparing some things the night before the exam. Pack the things you need for during the exam, lookup the venue and make sure there aren't any other details you have overlooked.