

The LSS 'How to' Series



A2

Exam revision tips

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Exam revision doesn't have to be stressful. A few simple tips can make the whole process much easier.

- If you have any questions, just ask. Your lecturer wants you to succeed, and they will certainly help you if they can.
- If your exam consists mostly of essays, look over our guides on paragraph structure and essay structure. If you know **how** you'll write, you can concentrate on **what** to write.
- If you can, look at previous years' exams to get an idea of what will be expected of you.
- Try to associate the material with an experience. You could study different topics in different places, while eating different foods, or while smelling different scents. These associations may help you remember in the exam.
- Don't just try to cram information in — try to build “structures” of associations and ideas in your mind, as these will be easier to remember.
- Take time to relax! Reducing stress is also a very important part of brain function.