WARWICK BUSINESS SCHOOL
THE UNIVERSITY OF WARWICK

SPOTLIGHT ON WELLBEING

SCAN TO BOOK

THURSDAY 26 NOVEMBER | **3 SESSION TIMES**

Exam Mastery

Delivered by Positively You Ltd.

CHOOSE: 13:00 | 14:00 | 15:00

Each session lasts 1 hour • WBS 1.005 & 1.006

Exams or assessments coming up in December or January? Join this highly interactive workshop to revise smarter, improve memory recall, manage exam stress and perform at your best.

WHAT YOU'LL EXPLORE

- **Effective revision strategies**
- **Memory recall techniques**
- **Reflective thinking skills**
- **Staying calm and focused under pressure**

These skills also help with presentations, interviews and other high-pressure moments throughout your studies and future career.

STUDENT FEEDBACK FROM LAST YEAR

95%
felt more prepared for exams

91%
improved revision and exam time management

100%
learned new memory recall techniques

WHAT STUDENTS SAID

“Really well run and super engaging.” • “Very interactive.” • “10/10, with great insight about time management and memorising tips.”

EVERY PARTICIPANT RECEIVES

A full-colour You Pad workbook and complimentary BIC stationery to support your learning after the workshop.

START WELL, STAY WELL, SUCCEED WELL