

EXAM SEASON IS BACK: HOW TO STUDY HAPPY DURING THIS TIME

IN COLLABORATION WITH PREVIOUS WARWICK STUDENT, MIRUNA MIHAILA



Exam period is a stressful time for any student regardless of their subject. However, the University of Warwick has a great support system which enables students to take a break from studying and focus on their inner selves. Here are some of the things the Library does to help and a list of some self-help books which students can use.

Assessments can be quite overwhelming: dissertations, essays, projects, exams and sometimes the deadlines even overlap! In such stressful times, you can always count on the Library's staff for support.

Library Events

The Library run a programme of events where you can meet other students to whom you can talk about your academic experience, improve your skills and have fun. It's a great way of finding out about how the Library can help you during this stressful time.

[Write Here Write Now](#) and [Revise Here Revise Now](#) are great events where you can work for a short amount of time, usually around twenty minutes, and then you take a short ten-minute break. They are events where you can be held accountable for the work and revision you want to accomplish, and you also work with other

people so it can really help to motivate you to get more work done. They're also running hybrid versions of the event so you can even join in from the comfort of your own home!

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[Sensory Refresh](#) is an interactive, immersive event where you can explore your different senses in a safe environment. They even create a dimmed section where you can sit with some low lighting, watch some nature scenes on projectors and just relax listening to some calming background music. During the event, you can try different fidget toys, play a few quizzes where you test your touch and smell, and can get some really useful information about setting up your own study spaces

so that you can learn in the best environment for you. If you like the sound of both the above events, [Sensory Workspace](#) is a combination of them. You can sit in a calming environment with nature scenes playing throughout the room with relaxing music, and focus on work in small bursts, taking short breaks throughout.

Mindfulness

As well as these events, the Library also has a fantastic online course called [Mindful Library](#) which teaches you how mindfulness practices which are incredibly helpful when it comes to calming your mind during stressful moments, such as exam periods. There are different techniques to choose from so you can work with the one that suits you best!

As with everything, if you do the exercises regularly, I guarantee you will learn how to manage stress, anxiety, and negative feelings in general. Besides

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all of this, by practising mindfulness, your productivity should enhance as you'll find out ways of dealing with daily distractions and instead focus on what is important for you. The course also has several guided practices focused on breathing and body-scans and various tips. You must check it out!



Helpful Books

But, since you are busy with exams and might not be too excited to take another course, you can start by trying some self-help books. You can always find 5 or 10 minutes to read on the bus. If you live on campus, you can take a reading break in the Breathing Space in the Library or lay on the fresh grass.

Here are my favourite books in the Library:

1. Mindfulness: a practical guide to finding peace in a frantic world

"The book is based on Mindfulness-Based

Cognitive Therapy (MBCT). MBCT revolves around a straightforward form of mindfulness meditation which takes just a few minutes a day for the full benefits to be revealed".

2. A beginner's guide to mindfulness: live in the moment

"This book helps you experience freedom and cope with stress by combining mindfulness and Acceptance and Commitment Therapy exercises in an accessible, 9-week programme."

3. Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness

"This book will enable you to develop your own stress management programme. It provides easy-to-follow meditation techniques, a detailed eight-week practice schedule, dozens of success stories, plus the latest research findings."

4. The mindful way through depression: freeing yourself from chronic unhappiness

"In The Mindful Way through Depression, four uniquely qualified experts explain why our usual attempts to 'think' our way out of a bad mood or just

'snap out of it' lead us deeper into the downward spiral. Through insightful lessons drawn from both Eastern meditative traditions and cognitive therapy, they demonstrate how to sidestep the mental habits that lead to despair, including rumination and self-blame, so you can face life's challenges with greater resilience."

5. Mindful tech: how to bring balance to our digital lives

"Despite their usefulness, these technologies have often led to information overload, stress, and distraction. In recent years many of us have begun to look at the pluses and minuses of our online lives and to ask how we might more skillfully use the tools we've developed. (...) The book opens up new avenues for self-inquiry and will allow readers—in the workplace, in the classroom, and in the privacy of their homes—to make meaningful and powerful changes."

Lastly, don't forget to check the calendar regularly to make sure you don't miss the events! And make sure you take care of yourselves!