

# TOP TEN TIPS FOR A SUCCESSFUL EXAM AND REVISION PERIOD

IN COLLABORATION WITH PREVIOUS WARWICK STUDENT, ANASTASIA CAGNONI



*The brightest candles burn the fastest, and those 10-hour study sessions may not be as efficient as you think. Keep reading to find Anastasia's top 10 tips to manage stress and preparation during exam season.*

## One: Delete or reduce social media time

Being productive means reducing all distractions, so if you find yourself constantly checking Instagram or Snapchat you might need to limit your time there, or delete the app. I have also found that these apps decrease my motivation, so during this period I check social media apps later in the day after I have finished studying. An app like [Forest App](#) could help to keep you productive. You can find other [productivity tools](#) on our website.



## Two: Eat healthy

You want to be thinking about what you are studying, and not on when you will eat again. To do this, make sure you eat nourishing foods that keep you satisfied and not

drowsy. Studies have also shown the importance of breakfast to improve short-term memory and attention (P.S. A black coffee does not classify as a proper breakfast). If you're not sure what to eat, why not check out our section of recipe books in our [Leisure Reading Collection](#).

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*Do not forget to do the things you enjoy.*

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## Three: Sleep well

We often underestimate the importance of a good night's sleep, when research has shown how memory consolidation happens during the deep stages of sleep. So, if you've been guilty of sneaking a cheeky library nap, note that those would most likely not contribute to your memory consolidation. Sleep will also help increase your focus.

## Four: Take deep breaths, stretch, and meditate

Dealing with stress can be in the form of slowing down and allowing yourself time to check in on yourself. You might want to check the [Mindful Library Online](#) course for helpful tips and tricks on being more mindful. Have you also noticed the Library now plays relaxation music in the Breathing Space on floor 1? Check it out.

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## Five: Take breaks

Walk in nature, grab a coffee with your friends or do something creative. Studying continuously for 10 hours every day is not as sustainable as you may think. Check out the [Write Here Write Now](#) and [Revise Here Revise Now](#) events the Library host using the Pomodoro technique so you take breaks every 20 minutes.

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## Six: Make time to unwind

Do not forget to do the things you enjoy. While a weeklong trip to the beach may not be an option right now, make the time for smaller things: a dinner with friends, reading book chapters or even a movie night are a few achievable ideas. Don't forget you can browse the Leisure Reading Collection and unwind during the Library's [Reading Space](#) events too.

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*Make sure that the study method you use is suited to your learning style.*

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## Seven: Change study spaces

Try switching locations to increase your study stamina: different Library floors, buildings, and grids. And if you struggle to find free study places on central campus, try the University House Learning Grid, which is usually less crowded.



## Eight: Study routine

Create a study plan to make sure you manage your exam period efficiently. Your study routine also includes your daily work, and there are many techniques that you could implement this exam season: Pomodoro method and Stoplight study technique are but a few.



## Nine: Study method

Different methods work for different people, do you prefer collaborative study sessions or individual studying? Are you a visual or an auditory learner? Make sure that the study method you use is suited to your learning style. You can also pop along to a [Sensory Refresh](#) session to find out what senses will help you to study best too.

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## Ten: Make use of office hours

This is your last chance to have a professor address a confusing topic or that problem sheet you are struggling with, so do find the time to attend office hours. The Library also has [Research and Academic Support Librarians](#) for every subject and they're always happy to help you.

*Finally, remember to check in on your friends, and share these tips with them if you have found any useful!*