



UNIVERSITY CENTRE
SPARSHOLT

First of all - a **big thank you** from Rosie and Hannah for being such an adaptable and positive group. We are all learning new skills very quickly and many of you have been in touch to let us know how we can best support you over the coming weeks.

If you haven't been in touch with us since study support went "remote" please send us a quick email.

While we stay "remote" we are hoping to send out a regular news sheet to keep in touch.



Should I still be revising for exams?

*As this is being written arrangements for exams are still being worked out. It is likely that a controlled and timed task will be set which you complete online. Although it **MAY** be possible to use your notes when completing this task – you will still have to use the time given very wisely.*

Trying to scuffle through your notes under time pressure is unlikely to help you. Therefore, continuing to revise for these tasks in the usual ways is important. The more confidence you have in not relying on notes, just like you would for a usual exam, the more you will be able to concentrate on the task set.

What happens if I usually get extra time?

Tutors are currently working hard to make sure that tasks set will allow for extra time.

KEEP CALM AND STUDY ON

Above all be kind to yourself. If you need a break from studying to read a book or watch Netflix – make it happen

Keeping the routine of studying might help you stay focused. Do what you can and don't worry about the rest

Be creative in how you study. Search through podcasts, YouTube videos, TED talks etc. to find something relevant – especially if you can't access other resources

TOP TIPS

TO GET THE MOST OUT OF REVISION

Little and often: Plan to do revision in chunks – rather than hours on end. Revise for 20 minutes and then break for 5 and repeat across the day.

Variety is the spice of life: You don't have to revise just by reading your notes. Look at relevant journal articles, listen to a podcast, play revision (email) ping pong with someone else on your course.

Quizlet is your friend: Quizlet.com is a great resource for revising the same information in a range of ways. Now might be the time to really get to know how it works.

The testing principle: Research shows that doing short quizzes to support revision helps you to remember key points. Quizlet is an easy way to set quizzes and will show you what you do know and what you don't!

Set targets – be positive: A basic schedule for when you are going to revise really helps. Make it positive. Keep a record of all the revision you do achieve rather than what you don't.

Don't forget that your tutors are also available to email if you find any difficulties in understanding your notes or need any further help with revision.

Online revision sessions will also start after the Easter break. You can record these if that helps.

