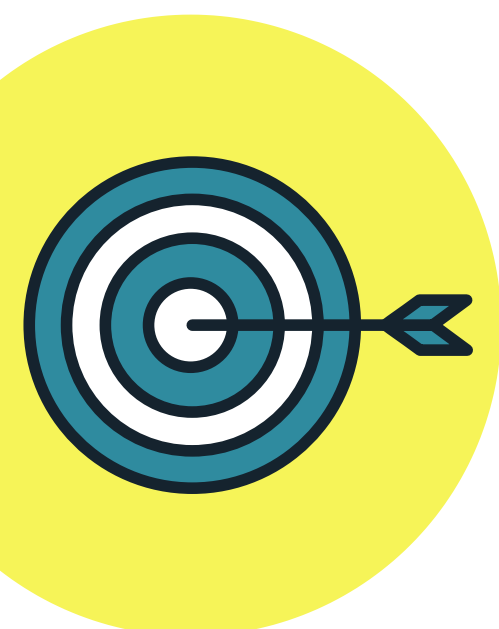


# REVISION TIPS

GMIT Libraries

library.gmit.ie



## STAY CALM, POSITIVE AND FOCUSED

- Avoid thinking of yourself and exams in a negative way.
- Find out the format for your exam as this will determine how much of the syllabus you need to revise (short answer, essay based).

## GET ORGANISED SET GOALS

- Plan your study and reward yourself when you have completed your plan
- Find a study method that works for you
- Start early, avoid last minute cramming



## LIMIT DISTRACTIONS

- Choose a study area that works for you
- Have everything you need in front of you
- Leave your phone in another room

## EXAM PREPARATION

- Reduce your notes into simple revision sheets or flash cards
- Answer questions from past exam papers to see how well you are doing



## STAY HEALTHY

- Stay hydrated
- Eat a healthy, balanced diet
- Take regular breaks
- Get some exercise
- Get plenty of sleep

## ASK FOR HELP!

- If you are stressed or concerned about exams, you are not alone help and support is available. Here's a list of people you can talk to: your Lecturer, Students Union, Guidance Counsellor, Subject Librarian



*You get out of it what you put in!*