

Exam Tips

Our **guidance for exams**, we've put together some useful tips to get your head in the game for the exam period. If you follow these tips, we're sure you'll do your best.

Before your exam

Talk to your Tutor, if you have questions about the exam, ask your Tutor so you know what to expect. Exam FAQs can be found at gresu.uk/examfaqs

Plan your study time, the best study sessions are about 50 minutes long separated by five to ten-minute breaks. Create a timetable so you can track and monitor progress, as well as leave time to have fun!

Build a healthy body and mind, throughout your day, think positive thoughts, maintain a healthy diet, get in some exercise and get enough sleep. Give coffee, alcohol and other stimulants a miss. Avoid other people or things that may disturb your self-confidence, focus and level of relaxation.

Get the details, ask your School about the exam date, time and location as well as what you can/should take into the exam. You can access your personal exam timetable via the mobile app or 'My Timetable' on the student portal.

Practice makes perfect, practice on sample tests and look at past exams. Ask your Lecturer for advice or go to the "my learning tab" on your student portal.

What if things aren't right? Submit an **Extenuating Circumstances claim** if you are not well enough to take the exam. gresu.uk/extcirc

Don't keep things bottled up. Confiding in someone is a great way to alleviate stress and worry. Make an appointment to speak with the well-being team wellbeing@gre.ac.uk or contact the GSU Advice Team greenwichsu.co.uk/advice

Tips for the exam itself

Bring the essentials, you must bring your student ID card to sit an exam. Find out what you can and cannot bring into an exam here: gresu.uk/examinstructions

Keep track of time, try not to rush the exam, work out how long you have to answer each question and use a watch or the clock in the room to keep track.

Read each question and the instructions carefully, scan your exam paper and work out what you know you can answer. Guarantee those marks by answering those questions first.

Give yourself time at the end to proofread, they should announce when there is five minutes left.

Focus, if your mind goes blank focus on slow, deep breathing for about one minute. If you still can't remember the information, then move on to another question and return to this question later.

After the exam

Your results letter will be published on the Student Portal. They should be published within ten working days of the Progression and Award Board meeting. If you are unsure of the date of your Board meeting, you can contact your programme team, using the contact details provided in your Programme Handbook.

Disappointed with your results? If you are disappointed in your results and would like some personal support, please check the support services available gresu.uk/resultssupport

Get in touch through our online form greenwichsu.co.uk/advice/triageform