

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](https://www.gresu.ac.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 leaving 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](https://www.gresu.ac.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](https://www.greenwichsu.co.uk/advice)

Tips for the exam day

◆ 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](https://www.gresu.ac.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.

Exam Tips

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

Or contact the GSU Advice Team who can provide you with free, confidential support greenwichsu.co.uk/advice

A helping hand – Academic Communities

◆ Extra Support

There are lots of communities you can join so you don't feel like you're going through it on your own!

◆ Join a Society

Look up all of our Academic Societies and join yours. We've got everything from Marketing Society to Children's Nursing.

◆ Programme Reps

If you can't find an Academic Society linked to your course, you can always ask your Programme Reps – they can organise study sessions, field trips and even socials!

◆ Events and more info

Academic Communities even highlights skills workshops and other great stuff. There's something for everyone, check it out here:

greenwichsu.co.uk/academic-communities

Useful Academic Skills Pages

Many of you will be taking exams under unusual conditions. Click the links below to help you perform at your best no matter what form your examinations might take.

[Watch this brief video for some initial advice](#)

[Exam preparation](#)

[Researching for an exam](#)

[Video: Hints and tips](#)

[Short video about accessing ebooks](#)

If you need any other help, the Academic Skills team are always available to help you at: ils-ast@greenwich.ac.uk

stressbusters

Don't forget to de-stress during your studies. Check out all the resources and online events happening on the StressBusters hub!

There's something there to help you take care of your mental, physical academic and even financial wellbeing.