TIPS FOR PREPARING FOR EXAMS

1. WHAT’S THE BEST TIME FOR YOU TO REVISE?
Are you more productive in the morning or in the afternoon? Plan your revision schedule around your strengths.

2. SPEAK ALOUD
EXPLAIN YOUR ANSWER TO OTHERS
This can help you to really understand what you’re learning. It’s also a great opportunity to practice your English speaking skills.

3. USE ALL SUPPORT AVAILABLE
Check what your university, school, college and students’ union offer international students; there may be group revision sessions or resources to help you.

4. LOG OFF FROM SOCIAL NETWORKS
Just while you’re revising! Abstaining from social media can help you focus. You can set time limits for different (social media) apps on phones and tablets to help reduce temptation.

5. GET ENOUGH SLEEP
An obvious one, but you need to sleep to process all that you’ve learned and to look after your own wellbeing, so make sure you allow enough time to rest.