

I'm about to start revising for my exams

Do you know what kind of exam you're taking?

Yes

Understanding what kind of exam you're taking is a great place to start.

No

Exams can be overwhelming, so take the time to understand what kind you're taking.

- Check your module handbook or Canvas for information about the type of exam you'll be taking
- Clarify how long you'll have, what kind of questions might be asked of you, and whether it's digital or in-person
- If you're still unsure, speak to your module leader

Do you know what content might be covered in your exam?

No

Your exam could cover everything on a module or smaller, more specific topics. You need to know this information before you start revising.

- Check your module handbook or Canvas for information about the content your exam might cover
- Attend any revision sessions that may be included in your module
- If you're still unsure, speak to your module leader

Yes

This is a great way to help you prioritise your revision.

Have you planned your revision into your schedule?

No

Finding the time to revise can feel tricky, but planning ahead can help you in the long run.

- To plan your time more effectively, check out our [study timetable](#)
- To discuss time management strategies, book a [1:1 appointment with the Academic Skills Team](#)
- For support with procrastination or a lack of motivation, speak to your school's [Student Wellbeing Adviser](#)
- Whatever you do, set aside time to relax, refuel and refresh as well as revise!

Yes

If you plan your revision, you're more likely to stick to it.

Do you know what revision strategies work for you?

Yes

It's great that you've found some useful techniques.

No

It can take time to work out what's best for you and your revision.

- Check out our [revision strategies](#) resource for support with finding and applying different strategies
- To understand the revision process, watch [this video](#)
- For more support with your revision, visit the [Academic Skills Kit](#)

Do you feel ready to sit your exam?

Yes

Good luck!

No

It's natural to feel nervous before your exams, but there are techniques that can help you get through them.

- For strategies to help you cope during exams, visit the [Academic Skills Kit](#)
- For advice on practicing mindfulness, take a look at this guidance from the [NHS and Student Wellbeing](#)
- For issues impacting your wellbeing outside of your studies, speak to your school's [Student Wellbeing Adviser](#)