

Revision Tips

Reward Yourself



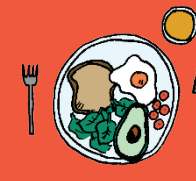
Find the right balance between study and leisure. Take a cinema trip with friends after a productive day of revision. Work hard but play a bit too.

Get Your Rest



A car doesn't run on no petrol and you don't run on no sleep. Give your body what it needs and get a good night's rest, especially the night before exams.

Fuel Your Body



Skip fatty foods and sugary snacks in favour of fruit and veg. They'll give you the sustained energy you need. Keep hydrated with plenty of water too.

Move Around



It's proven that exercise reduces tiredness and stress and increases productivity. Taking a break to move around is great for your brain and your body.

"Smart" Drugs?

They make some people perform worse than they usually would and if you didn't get them from a doctor the side effects aren't looked at. Long term effects are relatively unknown. Avoid them.

Make a Plan



Make yourself a revision timetable. Make it fairly detailed, include any relevant notes or papers you need to look over. Block out time for socialising, exercising and any other breaks you may have.

Use the Clock



Get started early, don't make revision your whole day. Evidence shows shorter spells keep your concentration high. Plan regular breaks and don't spend your whole day at a desk.

Find the Right Sound



Music can help some people but hinder others. Try music without words or even white noise or soundscapes. Avoid music that will distract you or make you want to sing along.

Togetherall

Queen Mary students going through a tough time can access free online support with Togetherall. Whether you're struggling to sleep, feeling low, stressed or unable to cope, Togetherall can help you get support, take control and feel better.

You will have access to a 24/7 online community and professional support from trained counsellors. Togetherall provides a safe space online to get things off your chest, explore your feelings, get creative and learn how to self-manage your mental health and wellbeing.

Togetherall is totally anonymous, so no one will know you've chosen to use it unless you tell them!

To join Togetherall, simply go to togetherall.com and sign up under Queen Mary University of London with your university e-mail address.

Remember,

Togetherall is available **anytime** & **anywhere.**

24 hours a day, 365 days of the year.



Notes

Exam Dates

Notes

Get your mind exam ready

Scan to get the app

MINDERFUL

Discover things to do that are good for your mind.

Queen Mary University of London
Students' Union



Queen Mary
University of London

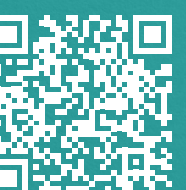
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The information given in this publication is correct at the time of going to press. We reserve the right to modify or cancel any statement in it and accept no responsibility for the consequences of any such changes.

Exam Planner

June-July 2022



Exam Planner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 May	31 May	1 June	2 June	3 June	4 June	5 June

6 June	7 June	8 June	9 June	10 June	11 June	12 June
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13 June	14 June	15 June	16 June	17 June	18 June	19 June
Wellbeing Walk			Time to Recharge: Free Giveaway			

20 June	21 June	22 June	23 June	24 June	25 June	26 June
Just Revise						
Exam Results Anxiety						

27 June	28 June	29 June	30 June	1 July	2 July	3 July
Wellbeing Walk		Plant Sale				
		Just Revise				

4 July	5 July	6 July	7 July	8 July	9 July	10 July
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11 July	12 July	13 July	14 July	15 July	16 July	17 July
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18 July	19 July	20 July	21 July	22 July	23 July	24 July
				Exam Results Anxiety		

Welcome to Study Well, a campaign that is designed to help you look after your mental health and wellbeing during this stressful exam season. If this isn't your first year at Queen Mary, you'll notice that we're back at it again with lots of fun activities to help you take a break from your studies. For more information visit studenthealth.qmul.ac.uk/study-well.

Event Details

Institute of Health Sciences Education,

Exam Results Anxiety: MBBS (Yr 1/2) & GEP on 20th June and MBBS (Yr 3 & 4) 22nd July, 1.00pm - 4.00pm, The Garrod Building (Room 2.46)
Come and have a chat with SAPS about results-related anxiety. These drop-ins are confidential and offer you a space to discuss how you are feeling and any concerns that you may have.

Academic Skills

Just Revise: 20th & 29th June, 12.00pm - 3.00pm, Online & In-Person (Whitechapel Library)
Struggling to get focused on your revision? Got a question about revision strategies? Just Revise sessions offer a quiet space to get focused on your revision, supported by a Senior Academic Skills Advisor who's available to answer questions about revision, exams and study techniques. You can attend online or in person, and can join by yourself or with friends.

ACS

Mindfulness for Beginners, 10th May, 3.00 pm - 4.00 pm, Online
Why not come to a Mindfulness Taster where one of our student wellbeing advisers will introduce you to the idea of being mindful as well as guide you through a practice in a welcoming environment with fellow students.

Students' Union

Wellbeing Walk: 13th & 27th June, 12.30pm - 1.30pm, Whitechapel to Stepney City Farm
Take a break from your screen to stretch your legs and get outside. Physical activity is proven to help mood, concentration and exam performance so join us in the sunshine to take a well earned break from studying.

Time to Recharge - Free Giveaway: 16th June, 12.00pm - 2.00pm, Garrod Building (Ground Floor)
Come and get some freebies to help recharge for your exams!

Plant Sale: 29th June, 12.00pm - 2.00pm, Whitechapel
Revising and preparing for exams is hard work. Why not come and grab a free plant to brighten up your study space! Come and speak to your Exec Officers and get a free plant to help you study well.

We have loads of brilliant events happening during Study Well!
Scan the QR code or visit qmsu.org/studywell for full details.

