



UNIVERSITY of
BRADFORD

Counselling Service

Surviving Exams

*Information
and self-help*

Surviving Exams

Most of us find exams stressful. Good revision will help us feel more confident and help us pass. But there are lots of other things we can do during this time to help us turn up to the exam in good shape.

In the run-up to exams...

- Don't overwork. Short blocks of revision are more effective than marathons!
- Check out the resources available in the University in particular Academic Skills Advice (academic-skills@bradford.ac.uk) for useful techniques for effective revision.
- Developing a daily work routine and sticking to it is helpful.
- Use your friendship network. You could revise together, discussing problems as they crop up and you will have support on hand for those times when your motivation dips.
- It's important to plan time for exercise & relaxation too as these will help reduce your stress levels. Exercise doesn't have to be a tough session in the gym - it could be as simple as a walk around campus at lunchtime.
- Try to get a good night's sleep. Revision 'All Nighters' will disturb your sleep pattern, leaving you tired and confused so you'll make more mistakes and be more vulnerable to anxiety. Our leaflet A Good Night's Sleep offers some helpful tips.
- Eat well. Make sure you have a balanced and varied diet at this time, with lots of 'brain food'. Avoid sugar (sweets, biscuits etc) and junk food. It's not useful to skip meals as this can disturb your concentration and your sleep.
- Avoid too much caffeine (coke or pepsi, coffee, pro plus, Red Bull etc). These will increase your anxiety, stop you sleeping and make you feel worse in the long run.

Remember that you have passed quite a few exams already or you wouldn't be at this stage. You can be successful again.

On the day...

- Make sure you've got all the equipment you need but leave any notes outside of the exam room.
- Turn up in good time; latecomers will be turned away and you won't be able to take the exam.
- Don't wind yourself and others up with lots of talk about what you have/haven't revised. You can make a deal with friends beforehand to help each other stick to this. It is useful to take a similar approach to conversations after the exam.
- The instructions on the exam are important. Take time to read them carefully making sure you understand them before you start.
- Take time to read all the questions properly so you can make good decisions about which you choose to answer;
- Divide the time according to the marks awarded to each question, not forgetting time to read through your answers.
- If you start to feel panicky in the exam take a few moments to steady your breathing and plant your feet flat on the ground. Remember it's okay to take your shoes off if it helps you feel at ease!

You might find it helpful to look at our Anxiety & Panic leaflet as well...and good luck !

On-line resources/self-help:

www.bradford.ac.uk/counselling for an extensive range of information and self-help material or to book an appointment.



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Contacting the Counselling Service



counselling
@bradford.ac.uk



+44 (0)1274 235750



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