

Revision Survival Pack
ehu.ac.uk/uniskills



**READY, SET,
REVISE**

**UniSkills Support • Effective Exam Preparation • Revision
Tips • Study Timetable • Healthy Body, Healthy Mind •
Managing Stress • Useful Apps • Positive Procrastination**



There is lots of support available throughout the revision period to help with your studies. UniSkills currently offers a package of webinars, online resources and virtual 1:1 support to help you develop a range of essential academic skills to enable you to produce high quality University assignments.

EXAMPLE UNISKILLS WORKSHOPS:

Returning to Learning

Have you been away from education for a while? Are your academic skills a bit rusty? Does returning to study after a break make you feel anxious? Meet with others online in the same boat to share your concerns, experiences and discuss study strategies.

Powerful Presentations

Ever wondered how your favourite presenters make it look so effortless? Discover what makes an effective, accessible and visually appealing academic presentation, and the steps you can take to calm your nerves before taking to the stage.

Become a Paraphrasing Pro

Putting complex topics into your own words can be a confusing task. This workshop shows you how to avoid plagiarism, as well as how to strike that all-important balance between paraphrased sentences and direct quotes.

Visit www.edgehill.ac.uk/ls/uni-skills/uniskills-workshops/ to see the full line up of webinars and how to book your place.



Effective Exam Preparation

Exams can be a daunting part of university life, and it is only natural that you will want to be as prepared as possible to perform at your best. When it comes to revision there are no right or wrongs, so you might find what works for your course mates, doesn't work for you.

- ✔ Clearly mark the date and time of your exam in your diary or calendar
- ✔ Speak with your tutor well in advance if you are unsure of what to expect or to clarify content you do not understand.
- ✔ Ensure you get a good night's sleep and eat a brain-fuelling breakfast in the morning.
- ✔ Take a look at the guidance on online assessments and start ensuring you have the right technology prepared at www.edgehill.ac.uk/ls/onlinelearning/online-assessments
- ✔ There are lots of revision tools and techniques you can try – read more about these on the Exam Preparation tab online ehu.ac.uk/uniskills



Revision Tips

SETTING GOALS

Setting goals can help you see the bigger picture. Goals can be long term (the future) or short term (the now). Writing a goal down and listing the steps you need to take to achieve that goal, helps to make you accountable to complete the task. Goals can keep you motivated, as you experience the satisfaction of ticking off completed tasks on a to do list. Find a handy SMART Goals guide on the UniSkills webpages: ehu.ac.uk/uniskills

STAYING MOTIVATED

Once you've written your goals, and know what you need to do and by when, the initial excitement can wear off...so how can you keep the momentum going?

- ✔ Speak your goals out loud. Tell others what your intentions (and deadlines!) are – make yourself accountable and ask others to check your progress!
- ✔ Organise an online study group. Working with others can make completing your task/goal more enjoyable and less isolating.
- ✔ Reflect on the progress you have already made. Reflecting on what you still need to achieve can also help if you need to revise your goals.
- ✔ Keep a to do list. There is nothing more satisfying than being able to tick off your tasks once they have been completed.



Study Timetable

You can find a printable version of this example on the UniSkills webpages: ehu.ac.uk/uniskills

Hour	Monday	Tuesday	Wednesday	Thursday	Friday
8.00	Morning				
9.00					
10.00					
11.00					
12.00	Lunch				
1.00					
2.00	Afternoon				
3.00					
4.00					
5.00	Evening				
6.00					
7.00					
.00					

Take a Break

Taking a study break can be productive if you utilise the time effectively. As Edge Hill students you have access to some fantastic online resources to help you to do this.

- ✔ Learn a new skill or hobby by taking a course through **LinkedIn Learning**. The courses are interactive, and you can even receive a certificate for your LinkedIn profile.
- ✔ Schedule in some downtime and catch up on hundreds of thousands of TV and Radio programmes on **Box of Broadcasts (BoB)**.
- ✔ Take a screen break altogether and, weather permitting, get outside for some fresh air.
- ✔ Check in with your coursemates via phone or video call. You may find it helpful to arrange a time to talk about life outside of university, such as TV programmes you're enjoying or new hobbies!





Healthy Body, Healthy Mind

Our memory and concentration can be impacted by what we eat. The NHS Eatwell Guide suggests eating at least 5 portions of a variety of fruit and vegetables per day, and 6-8 glasses of fluid.

Why not try this berry smoothie recipe?

Berrylisious Smoothie

- 225g fresh blackberries
- 225g fresh raspberries
- 225g fresh blueberries
- 1 just-ripe medium banana
- 150ml natural plain yoghurt
- 150ml milk





Managing Stress

During a busy assessment period it is important to take some time out of your day to relax. You could even have a go at mindfulness or meditation techniques – we have included some mindful colouring on the pages of this pack.

RECOMMENDED APPS:



Headspace

An app to help guide you to health and happiness, let go of stress and get a better night's rest.



Calm

An app for sleep, meditation and relaxation.



Tide

An app focused on sleep, meditation, relaxation and helping you to focus.

The Student Services Wellbeing Team also have lots of helpful advice available to you on their webpages:

ehu.ac.uk/student-services

If you need a well-earned study break, then also check out the Students Union webpages to find out about their latest events and activities. www.edgehill-su.org.uk



Useful Apps

RECOMMENDED REVISION AIDS:



Go Congr

Allows the user to create mind maps, flashcards, quizzes, slides and notes to equip every student with a revision bank.



Evernote

Allows the creation of notes in multiple formats including checklists, photos, scans, audio, video, PDF's & web clippings.



One Note

Similar to Evernote, allows the user to file notes into notebooks and multiple formats.



Instapaper

Allows the user to save and store web articles (adjustable for ease of reading) which can later be read offline.



2Do

Allows the user to create organisable tasks, projects and checklists in a calendar-based time-management app.



Trello

Allows the user to create work boards for projects and designated workflows in a project management tool.



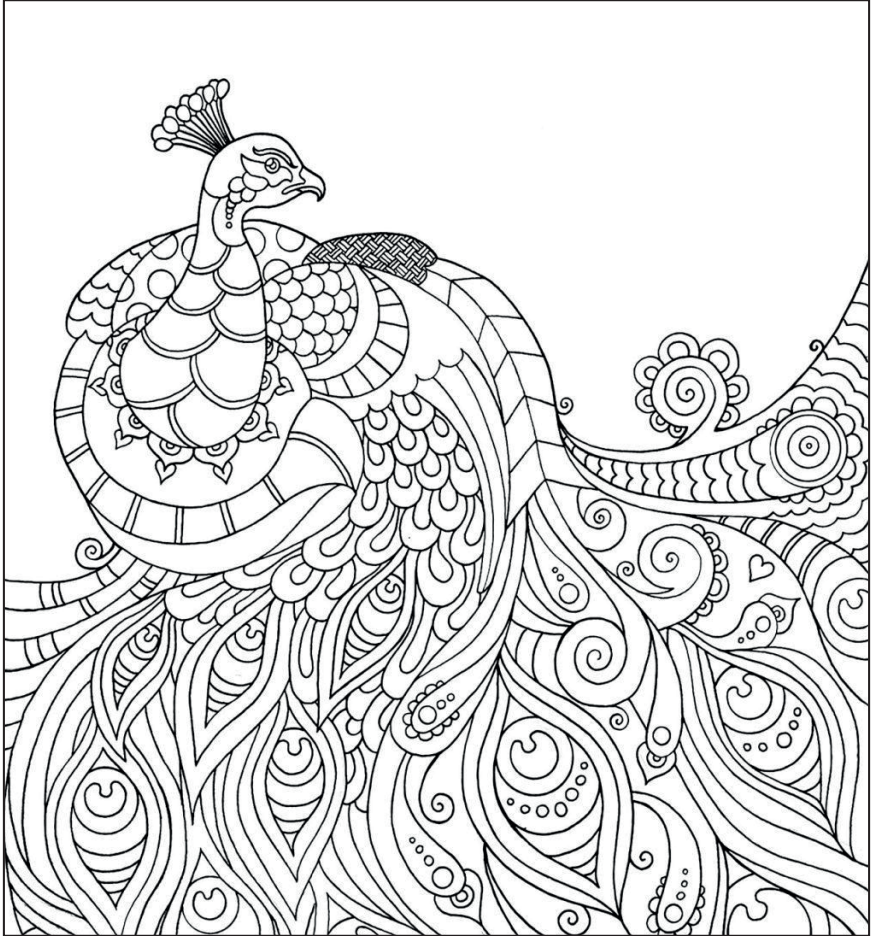
Forest

Stay focused and plant trees. The less your phone distracts you the more trees you will grow. Eventually you will have a forest to reward your efforts!



Positive Procrastination

Take a mindful break to colour in the following pages.





Stay in touch...

-  [@EHULibrary](#)
-  [@EHULearnService](#)
-  blogs.edgehill.ac.uk/ls