

Exam Preparation - Transcript

Hi, my name is Emily and I am an Academic Skills Advisor with UniSkills.

This toolkit has been designed to support you with skills specific to revision and taking exams.

Whilst most of us probably have some prior experience of exams, the element of uncertainty in this type of assessment means they often remain somewhat daunting. Past experiences, or a break from study can also add to these feelings.

This toolkit is designed to help you reflect, acknowledge, and overcome some of that trepidation by equipping you with academic skills, strategies and knowledge to bolster your confidence and practically assist you in making the most of your preparation time.

Reframing your mindset and making sure you adapt effective revision strategies to your set of needs are important aspects of exam success. While this toolkit offers practical and evidence-based suggestions for revising for - and taking - exams, it will also help you to situate exams within your wider learning journey and long-term goals at university and beyond.

I hope that you enjoy this toolkit and that you will find some inspiration to try something new this exam season.