

Exam Preparation: Getting Started – Transcript (video)

Doing exams means navigating uncertainty. We can't get rid of this element, but we can help to reduce it and the stress that comes along with it by focusing on our learning process. This toolkit is designed to do just that and to support you in being an active, reflective, and resilient learner.

So where to start? If you can, start thinking about how you can help yourself later in the course right at the beginning: this might be something simple like getting your notes properly organised, knowing where past papers and exam resources are available, or just understanding what happens in the exam on the day.

Or it might mean being more proactive. For example, keeping a list of questions for tutorials and discussion classes to push yourself to engage and understand more, planning early and being organised from the basics of what, when and where, to the finer details of your personal revision plan too.

Also, hitting difficulties and feeling uncertain are a normal part of learning. Ask for advice, ask for support and always ask for help. This is all part of the process too.