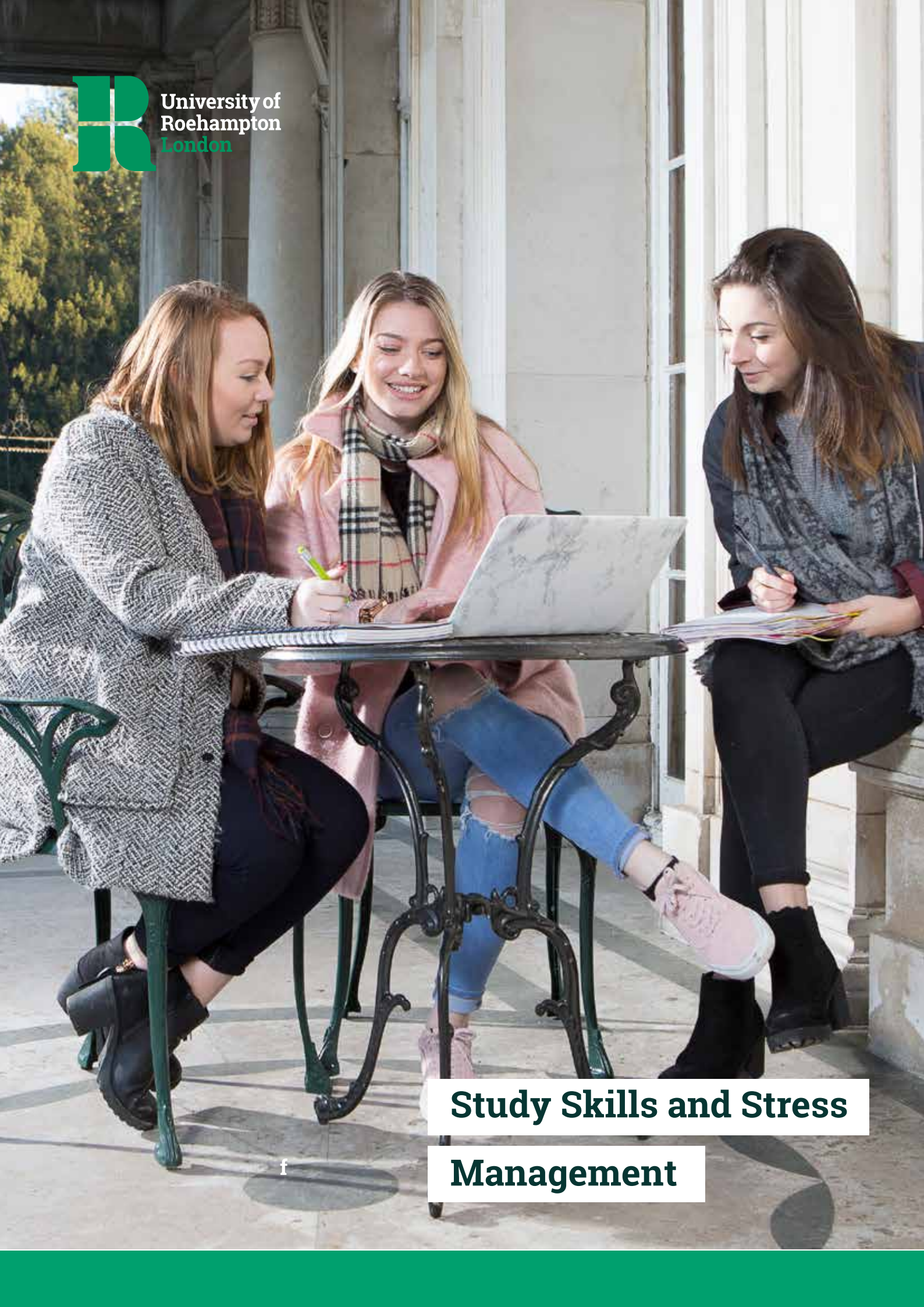




University of
Roehampton
London



Study Skills and Stress

Management

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Revision Techniques

Before you start to revise, you need to recognise what style of learning is going to help you absorb the most information. Typically, people fall into 3 categories. You can take a test at www.how-to-study.com/learning-style-assessment/ to find out your preferred learning style.



Visual

Visual Learners absorb and retain information better when it is presented in formats such as pictures, diagrams and videos. If you are a visual learner it is important to take lots of notes, use lots of colour and work without visual distractions. Create resources such as flash cards, images, diagrams, videos, post-it notes and allow yourself lots of time for planning, colour coding etc.

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Auditory

Auditory learners prefer to listen and tend to learn well through group discussions and repeating back information out loud. The most effective method of revision for you may be to hum or talk your notes to yourself, read out loud and work in a quiet space. Be sure to audibly discuss topics, use rhymes, mnemonics, songs, listen to podcasts and complete practice papers orally.



Kinaesthetic

Kinaesthetic learners prefer a hands-on approach and learn well from being able to touch objects or through physical activity. Make sure you stay active and take frequent breaks, use lots of hand gestures and create physical resources. These could be models, role plays exam situation, write practice answers, teach the material to someone else, complete hands-on activities.

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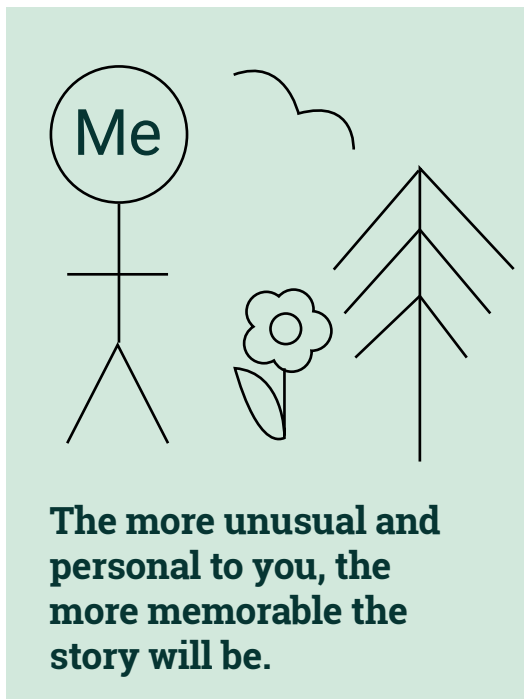
Revision Methods

There are a number of different revision methods out there. Below we show two different methods. It is important to pick a method that works for you.



The Link Method

The link method works by making simple associations between items in a list through a vivid image and story containing the items. Create the first image and then make it connect to the next image. The more unusual and personal to you, the more memorable the story will be.



The Memory Palace

This is an imaginary location in your mind where you can store prompt images. In the memory palace you can associate information with a specific area of a familiar location (e.g. your home or school). In order to carry out this method, draw a memorable location (e.g. your home) and label each room with a particular subject. Then imagine that room and start to associate areas and objects with specific pieces of information. Then walk around that room and see if you can remember this information by associating it with the objects in the room.

Give both methods a try by starting with the list of past Prime Ministers below. Try to create a story using the link method and use a location for the memory palace to see which one is most effective for you in remembering them in order.

1. Harold Wilson
2. James Callaghan
3. Margaret Thatcher
4. Sir John Major
5. Tony Blair
6. Gordon Brown
7. David Cameron
8. Theresa May
9. Boris Johnson

Time Management

Time management is the process of planning and controlling how much time to spend on different activities. Good time management will lead to more efficient learning, lower stress and revision success.

Revision timetable

A revision timetable should be achievable and suit your learning style. There is no point saying you will study everyday all day for the next 6 months - that's not achievable. Plan to have rest time, leisure time and study time. Give yourself flexibility in your timetable so you can catch up if you catch a cold or have a bad day. Instead of planning each minute of

the day plan out your revision weekly. Give yourself blocks of study time and block out your subjects into topics. Aim to complete all the topic blocks within the week but be flexible in when you complete them. Use the space below to mark out an achievable revision timetable, remember to include leisure and rest time.

Timetable	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
AM							
Lunch							
PM							
Dinner							
Evening							

SMART Goal Setting

To make sure that you are using your time well set SMART goals to make sure you are on track to achieving what you need to.

S

SPECIFIC

What exactly do you want to achieve?

M

MEASURABLE

How will you measure your achievement?
E.g. read two textbook chapters

A

ATTAINABLE

Can it be completed in the time available?

R

RELEVANT

Will it help you achieve your overall goal?

T

TIMELY

Specify the time you will complete it in.



Stress Management

Exams and assessments can be stressful. Below we suggest two methods for dealing with stress. As well as this, make sure to eat a well-balanced diet, drink plenty of water, get enough sleep and exercise when you can. If you are struggling, talk to someone about how you are feeling.



Anchoring

An anchor is an action that brings about a state of mind (a feeling or emotion). It associates this action (such as pressing your middle finger against your thumb) with a state of mind you have felt previously whilst doing this action. It can reduce stress in exams through activating a calmer state of mind.

You can create an anchor by thinking of a time you felt truly calm or relaxed. Picture the event in your mind, think about what it looked like, sounded like and how you felt. Let the intensity of the memory grow and once the memory peaks in strength make the anchoring action. Repeat the action anytime you feel truly calm or relaxed. This will create a stimuli to remember the clam or relaxed state of mind. In an exam if you begin to feel stressed create the anchoring action to feel a calm or relaxed state of mind.



Mindfulness

Mindfulness is the practice of being fully aware of yourself including your surroundings, feelings, thoughts and body sensations. Mindfulness allows you to take time out of your busy life to re-focus and create space for yourself. It can significantly reduce stress during revision periods and help you to focus. There are many online videos to guide you through the practice of mindfulness.

Take a look at some of the useful websites on the next page or feel free to contact us if you have any other questions.

Useful Websites

<https://getcoldturkey.com/> <https://www.calm.com/>

<https://www.goconqr.com/en/>

www.roehampton.ac.uk www.ucas.com

www.university.which.co.uk

www.prospects.ac.uk

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Instagram – [@RoeOutreach](https://www.instagram.com/RoeOutreach) / [@Uni_Roehampton](https://www.instagram.com/Uni_Roehampton)

Twitter – [@RoeOutreach](https://twitter.com/RoeOutreach) / [@RoehamptonUni](https://twitter.com/RoehamptonUni)

Facebook – [facebook.com/roehamptonuni/](https://www.facebook.com/roehamptonuni/)

Website – www.roehampton.ac.uk/contactus