



INSTITUTE OF THE
MOTOR INDUSTRY

STUDY SUPPORT 101



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- How to stress less with exams
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REVISION TOP TIPS

by The IMI

I have exams coming up but I have no idea how to revise or where to start!

TOP TIPS

1. Start with good notes with details
2. Have a summary of your notes to remember the details
3. Create notes yourself - dont copy them from anyone else
4. Change the way you test yourself
5. Make use of past papers and resources
6. Create a revision timetable - it will help with organisation
7. Take regular breaks, mnake sure you eat and drink lots
8. Understand your learning style - this might be different to your friends!
9. Revise in the right environment - make sure its not too loud
10. Give yourself time to get to exams to prevent stress!

DIFFERENT METHODS OF REVISION

by The Student Room

Revision and exam preparation are important for everyone in order to ensure you do well in your exams. However, what works for one person might not be good for another.

We all need to try out different methods and find what works well for both us, and the subjects we study.



TIMELINES:

Timelines can be helpful. They are invaluable for making sense of a series of events, because you can trace improvements, factors etc.

Draw key theme cards, style cards etc. You could draw a timeline for each book that you're studying.

ANNOTATIONS:

This can also be useful if you own your textbooks - you can highlight key points and ignore the waffle if you're struggling and write down helpful notes on how to remember things. Photocopy the notes and blow them up on bigger paper and annotate it in different colours for content.

CUE CARDS:

Note/cue cards are always handy for when you're out and about. List definitions and rules you need to know. Or write key words from which you can fill in the gaps to tell the whole story.

These are also (very!) handy for learning language vocabulary. You can buy index cards in any good newsagent that will be a convenient size once cut in half, or buy ready made ones. Business cards are also good. Once filled in, these cards will allow you to reclaim time that would otherwise be wasted - on the bus, in the queue at the supermarket - there's no limit

MIND MAPS:

Get an A3 piece of paper - divide into four parts. Then, make four headings. Check out the examples at the end of this flipbook.

PAST PAPERS:

When attempting past papers, always answer the question! It might sound fairly obvious but many people just narrate the story. Always reread the question at the start of every new paragraph. Make a brainstorm/mindmap of the major points you want/need to cover .

Practise your writing skills or make sure you know what rules, definitions and equations you might be expected to know.

Always ask where you went wrong if you get a low grade.

Have a look at what the examiners are after. There are specific websites with past papers, mark schemes etc.



HOW TO FUEL FOR REVISION

by The Guardian

Even at exam time, eating well is easy and can have a real effect on your concentration levels, nutrition experts say. So what brain-boosting food and drink do they recommend?

HOW MUCH CAFFEINE IS TOO MUCH?

Coffee, green tea and energy drinks are staples of the all-night library stint. But how much caffeine is too much?

Caffeine – particularly coffee – can have numerous benefits extending to cardiovascular health, insulin sensitivity, prevention of type 2 diabetes and acting as a potent antioxidant.

However, while caffeine may make you more alert, individuals can build up a tolerance meaning this is short-lived. Caffeine can also increase blood sugar and eventually lead to dips causing lack of focus and energy.

It's best to stop drinking caffeine by 2pm and have a maximum of two cups of coffee a day, but be aware of your own reaction to it.

WHOLEGRAINS

Wholegrain foods will stave off hunger. Examples include porridge and wholemeal bread. Combining wholegrain with protein will help keep blood sugar levels balanced, which is essential for mood and concentration and nerves.

NUTS AND BERRIES

Berries and nuts are a convenient snack that pack a nutritional punch. Blueberries, like many dark coloured fruits and vegetables, have a high antioxidant content, which is thought to protect the brain from oxidative damage and slow age-related decline. Frozen berries are usually cheap, last longer and don't lose their nutrients when frozen. Less healthy are flavoured and coated nuts, which contain added oil, salt and sugars.

DITCH THE SUPPLEMENTS

Doctors often recommend taking vitamin supplements to top up on the nutrients you need – but these can be expensive. Fortunately, they're not the only option. Food should always come before supplements and the key to getting as many nutrients as possible is to eat as varied a diet as possible, with lots of different colours,

DARK CHOCOLATE

Dark chocolate has a mild effect on increasing blood flow and reducing blood pressure, due to the polyphenol content.. It's also a good source of magnesium, which is an essential mineral for relaxation.

WATER

A recent study by the University of East London and University of Westminster found that keeping hydrated can boost attention by almost 25%. We found that drinking even a really small amount of water (25 ml) resulted in improved performance on a test of attention, Drinking 300 ml improves memory performance and can improve your mood as well.

LIBRARY LUNCH

Base your lunch on starchy foods, particularly wholegrain varieties. Sandwiches, wraps and bagels are quick and easy to prepare, or you could use leftovers from the night before to make a pasta, rice or couscous salad.

Grainy salads with canned fish and vegetables are good if you don't fancy bread. Tinned mackerel with beetroot, roasted sweet potato cubes, lots of green leaves like rocket or watercress and some pumpkin seeds. Or try canned salmon with brown rice, canned chickpeas, chopped cucumber and tomato.

For sweetness, you'll want the usual healthy stuff: a small pot of natural yogurt with either an apple, some berries or a chunk of dark chocolate. Don't skip meals. Eating regularly will help keep blood sugar balanced and feed the brain with the fuel it needs.

HOW TO SLEEP BETTER DURING EXAMS

by the University of Surrey

Getting enough sleep is vital to feeling and performing your best, which makes a good night's rest particularly vital around exam time.



MAKE TIME FOR SLEEP

The most important thing is to remember to schedule time for sleep. When you have to get up at a certain time, count back the number of hours you want to sleep and then add half an hour. This time becomes the scheduled time to switch the lights out. The extra half an hour is important - we often forget about the time it takes to brush teeth, set the alarm clock and so on.

WATCH WHAT YOU EAT AND WHEN

Eating late meals because you have been studying all day will alter your internal clock and impair sleep. Although you should try not to go to bed hungry, try to have a big dinner before 7pm and then a smaller snack in the evening if you are still hungry. It's thought that certain foods help sleep; turkey, milk, bananas, and walnuts all contain tryptophan, which the body uses to make melatonin.

"Getting enough sleep is vital to feeling and performing your best, which makes a good night's rest particularly vital around exam time."

LIMIT CAFFEINATED DRINKS

Although the impact of caffeine varies from person to person, try avoiding all sources of caffeine from 3pm and adjust if needed. Remember caffeine isn't just in coffee – it's also in things like tea, chocolate, and fizzy drinks.

MAKE YOUR BEDROOM A PLACE OF REST

Checking emails or doing some last-minute revision in bed may stop your brain associating the bedroom as a place of quiet rest and, instead, the bed becomes associated as a place of cognitive arousal. This can make it hard to initiate sleep, so remove all distracting items from the bedroom area.

DON'T USE YOUR SMARTPHONE IN BED

Electronic devices emit noise and light; both will stop you sleeping. LCD screens on phones and tablets emit light that is blue enriched. This light influences the body's internal clock and delays the release of the 'sleep hormone' melatonin. Without melatonin, although you can sleep, the sleep you achieve will be light and non-refreshing. Light can also make you feel more alert, again training the brain to perceive the bed as a place of cognitive arousal.

HAVE A BEDTIME ROUTINE

Doing exercise is a great way to relax during the exam period, as it causes the release of endorphins and improves your mood. However, the endorphins released from exercise can also impair sleep. As such, try to avoid exercising within two hours of bedtime.

ONE NIGHT OF BAD SLEEP WON'T HURT

Your day may be more difficult and you might need more coffee to function, but you will make it through the day after one night of poor sleep. Sleep is an autonomic function – you can't force yourself to sleep, so worrying about not sleeping or the effect of not sleeping on the following day will impair sleep.

Try not to nap, but if you need to, keep any naps to less than 30 minutes in length and don't take them after 3pm.





HOW TO STRESS LESS WITH EXAMS

by the Telegraph

Most students set out with the best of intentions when it comes to revision, but follow these tips to make sure you don't suffer revision burn out.

It has always been something of a badge of honour to arrive for final exams looking pale and exhausted, boasting of having revised until the early hours of the morning. This is the least effective way of achieving the best results at any level.

ALWAYS START THE DAY EARLY

We are most efficient in the morning. Have a good breakfast – all meals should contain protein, carbs, and fat. Protein is absolutely essential when maximum mental energy is needed so have the cereal but have an egg too.

TAKE A 10 MINUTE BREAK EVERY HOUR

Psychologists tell us that we can concentrate at the highest level for only 40 minutes, so adding 5 minutes to get going and 5 minutes to wind down should give you opportunity for hourly planning. Make use of those ten minutes off; get up, take a walk, have something to eat or drink and most importantly, rest your mind.

VISUAL IMAGERY CAN HELP WITH STRESS CONTROL

Whether it be the 'Costa-Grotty' holiday planned for after exams – the thought of a long, hot summer with no work – create a happy place for yourself at the back of your brain. Allow yourself to visit this place in your ten minutes off or when you break for meals; just close your eyes and imagine exams are over. Make it as vivid as you can – the more vibrant, the better.

DO SOME EXERCISE

Every day to help reduce stress; it will be enjoyable, lift your spirits and release those endorphins. Go to the gym, play tennis, take the dog for a walk, go jogging, do yoga – ideally something outdoors.

NEVER WORK ON SATURDAY NIGHTS

Go out and spend some time with friends instead. This may be considered unexpected advice but laughing reduces stress and will allow you to start the next revision session more calmly and with greater focus.



REVISION MIND MAPS

WHAT IS A MIND MAP?

Mindmaps are diagrams which consist of one central starting point which you then add several different branches to. Each branch relates to a different idea and you keep expanding until you've added all the information you need to.

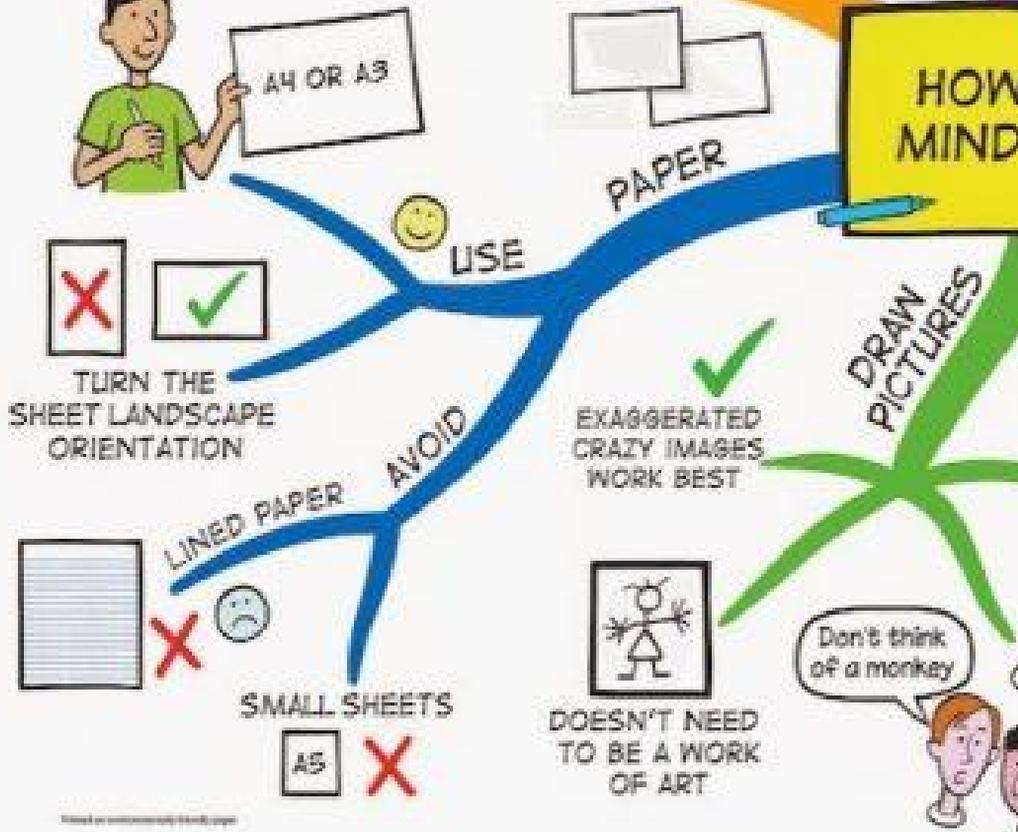
HOW IS A MIND MAP USEFUL?

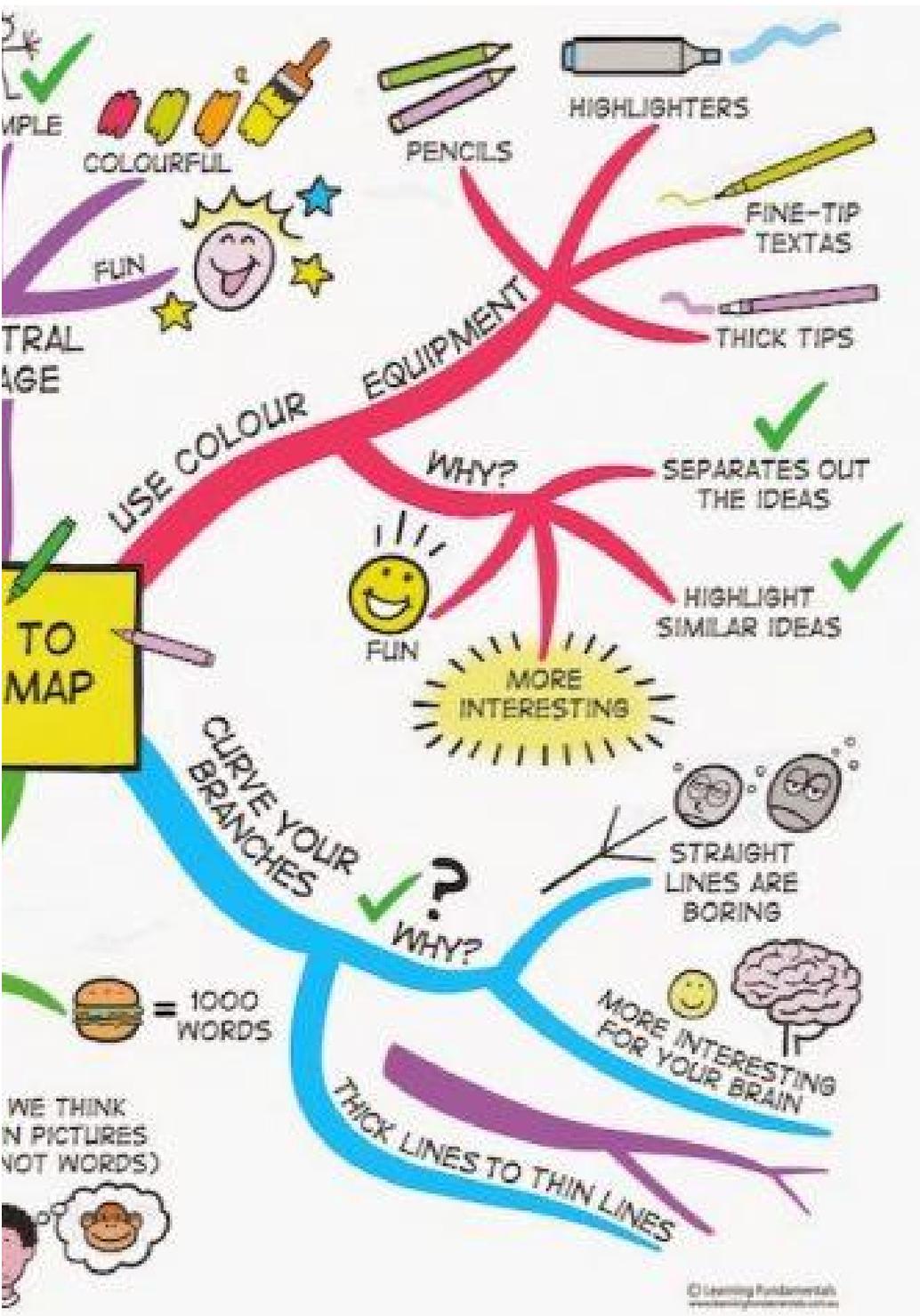
If your brain is full to the brim with lots of excellent ideas, but they're all tangled up this is the perfect way to get them all down in an orderly way. It also helps show how they all link together.

WHY WOULD I USE A MIND MAP?

If you're a visual learner, this resource is your best friend. Linking all your different ideas within a single topic means you can (at a glance) notice trends and relationships while also being able to focus on smaller details too. Start creating

Visit; <https://www.mindmeister.com/> to create your own FREE online mind map like the one on the next page -->





REVISION TIMETABLES

Balancing studying with the fun stuff in life can be difficult. Revising can get in the way of everything from meeting friends to relaxing after school.

Building a revision plan helps you manage your time more effectively. It gives you a clear idea of what subjects and topics you'll be revising each day and helps you organise your studies around your life.

Colour code each activity and give yourself certain times to do them. Make sure you add in breaks and social things too!

Visit: <https://getrevising.co.uk/planner> to create your own FREE online timetable

	This week		20th - 26th April				Week	Month
See earlier ▾	Mon 20th	Tue 21st	Wed 22nd	Thu 23rd	Fri 24th	Sat 25th	Sun 26th	
09:00 - 10:00	GCSE Law	AS Mathematics	AS Psychology	AS Biology	AS Psychology	Lie in	Lie in	
10:00 - 11:00	AS Mathematics	Free time	AS Biology	add activity	add activity	Badminton	AS Psychology	
11:00 - 12:00	AS English Literature (AQA)			GCSE Law	AS English Literature		add activity	AS Mathematics (Edexcel)
12:00 - 13:00	AS Mathematics (Edexcel)	add activity	add activity	AS English Literature (AQA)	add activity	AS Biology	AS Mathematics (Edexcel)	
13:00 - 14:00	Extra Maths revision	AS English Literature	add activity	AS Biology	Lunch with Izzy	AS Biology	add activity	
14:00 - 15:00	AS Biology	Free time	GCSE Law	AS Psychology	add activity	AS Psychology	add activity	
15:00 - 16:00				AS Mathematics	AS Biology	AS Psychology	Sarah's birthday	
16:00 - 17:00	Individual help		AS Psychology	add activity	add activity	AS Mathematics (Edexcel)		
17:00 - 18:00	add activity	add activity	add activity	add activity	add activity	GCSE Law	Dinner	
18:00 - 19:00	Play rehearsal	GCSE Law	Play rehearsal					
	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	

TIMETABLE TOP TIPS

1. Make a list of everything you need to cover
2. Colour code your timetable
3. Be flexible, include past papers, social life and breaks
4. Print it and stick it on a wall
5. Have days off!



CONTACT US

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