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Welcome to the Mentor News. We have devoted this issue to help you with Study and Exams and hope you find the tips helpful. If you are having any difficulties with study or exams please contact cindy.dring@nuigalway.ie for advice.

I would like to take this opportunity to thank all the Student Connect mentors who have helped first year students this year – I think they did a great job for us all.

Hope you all do great in your exams, don't panic it will all work out and have a brilliant summer.

Una McDermott
Student Connect Co-ordinator

The Psychology of Success

A strong positive mental attitude is the first step towards success.

Make time for laughter every day, even if you don't feel like it. Laughter lowers blood pressure, reduces tension, and boosts feel-good chemicals in your brain, helping you to study smarter. Hold a smile for 30 seconds, even force it if you're miserable.

Want to be a Mentor Next Year?

We are recruiting mentors for next year to help and support first year students. If you are interested in applying please fill out the form at: <http://vovici.com/wsb.dll/s/2e2cg498cf> before Friday, 8th April

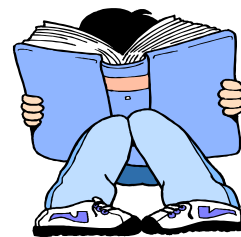


Exam De-Stress Programme

- Massage
- Reflexology
- Hypnotherapy
- Restorative Yoga
- Acupuncture or Tui Na
- And lots more, check out:

http://www.nuigalway.ie/student_services/health_promotion/documents/destress_brochure_2.pdf





Study Tips

1. Tell yourself **you're good enough to pass your exam every day**, even if you don't consciously believe it.
2. You wouldn't go on a long journey without a map to guide you to your destination, so why would you start a course of study without **planning**?
3. Never **study for longer than 45 minutes without a break**. Study for longer than this and you could actually lessen the amount you learn.
4. Sophocles said "**knowledge must come through action**" and he was right. Don't just sit there and read the textbook from cover to cover and think it's all going to make sense and stick in your brain - it's not. Instead, make notes, draw diagrams, set yourself "mini tests" to see what you've learned, summarise a section using key words, ask yourself how what you're studying fits into what you've already learned, attempt any practice questions there are available. **But whatever you do, don't just sit there and read!**
5. Question **practice** is absolutely fundamental to success.
6. Make sure that you regularly **review all of your study notes** you've made to date. Set aside some time in your study timetable to ensure you don't skip this time. By repeatedly reviewing the work you've already done, you'll strengthen your understanding and memories for later recall.
7. When **planning the time you'll spend revising**, try to build your planned effort up gradually so that you reach a peak of activity just before the exam.
8. One of the biggest causes of exam failure is a lack of timed question practice i.e. **attempting exam standard questions under exam conditions**.
9. **Accept the fact you will never be fully prepared for your exam**. Perfection is not required to pass an exam anyway, so stop worrying you've missed something out and focus on what you have done.

Exam de-stress tips!

- Sleep well
- Eat well
- Drink water



From the Chaplaincy

An early morning Mass will be held in the Chapel at **8am each exam day** followed by a take-away 'Breakfast-in-a-Bag'. **Exam Support Personnel** will be available at each exam venue to offer help, support, advice and practical assistance to students before, during and after exams.

Sport and Recreation

Soccer De-Stress Sessions

Tackle exam stress this Summer by going for a 5 a side game in Corrib Village Cages. If you have 10 people you can go along for your own game or if you are short numbers contact FAI/NUIG football facilitator David Hand to organise some opposition and or teammates for you. To organise a game contact David on 0876710416 or email david.hand@fai.ie





Top Exam Tips

1. Remember – **you don't need to be perfect and know everything in order to pass your exam.** You just need to know enough, and enough is often only 50%. So you probably only need to get half of everything right to pass – and that doesn't seem so bad, does it? Keep the panic at bay by reminding yourself of this regularly.
2. Correct **time allocation for each exam question and mark is crucial.** Never, never, never overrun on one question at the expense of another. In very simple terms, if you have 60 marks available and 60 minutes to attempt your exam, that's one minute per mark. So in this example, if a question is for 5 marks, only spend 5 minutes on it and not a moment longer.
3. Always remember to **state the obvious in any answer you produce.** It may seem blindingly obvious to you and therefore unnecessary to say, but there will still be marks available for it. **Don't throw away easy marks!**
4. When attempting a question, always RTFQ – **"Read the Full Question"**. Make sure you read what is printed on the page and not what you would like to see printed on it!
5. **Avoid last minute "cramming"** and don't work late into the night the day before your exam. You won't learn anything new at this late stage that's going to make any difference and in fact you could damage your chances of success by tiring yourself out before you even get to the exam hall.
6. Always **attempt the question you think you could answer best first.** First impressions do count, so get the examiner on your side up front with a good banker of an answer. They might then feel more inclined to give you a bit of latitude with the rest of your answers.
7. **"Think first, then do"** is a good description of how to attempt exam questions. Never feel pressured or panicked into getting pen to paper straight away. Always take a few moments to consider the question and its requirements.
8. If you feel yourself getting into a **blind panic during your exam**, you need to nip it in the bud before it destroys your chances completely. **Put down your pen, sit back, and take 60 seconds out to breathe deeply.** Focus only on your breathing and push all other thoughts away. After a minute, return to your exam and if you still can't solve the problem you're panicking about, simply skip over it and move on. Taking time out to do this might seem like a waste of valuable time, but it could stop the free-fall you're in and helps you regain a sense of perspective.

To find out more on Study Skills and Exam Skills check out <http://ftpdevelopment.com/howtostudy.html>



During the Exam

It's quite normal to find that when you sit down at your desk in the exam hall, your mind has gone completely blank and suddenly you can't remember anything you learned at all! Don't worry – you'll find that once you start reading the questions the contents will act as prompts for your memory and all you have learned will come flooding back.

If you've had to memorise certain facts and figures for an exam, consider quickly jotting these down on the exam paper or scrap paper as soon as you're told you can start your exam. This then frees up your mind for other activities and gives you an immediate confidence boost.

When you open your exam paper and start reading through the questions, take no notice if those around you start writing immediately. This is not a sign they know more than you – in fact, it's a sign they know less, in particular about how important using the correct exam technique is.

Always follow the exam instructions to the letter. Do exactly as they say, not what you'd like to do. If your exam asks for you to attempt one question from section A and two from section B, make sure that's what you do. You'd be amazed how many students fail to follow instructions, perhaps attempting two questions from A and one from B, and fail their exam as a result. In this example, you wouldn't get any marks at all for your second answer from section A.

Don't restate the question as the first part of your answer. You'll get no marks for it and you're wasting valuable time that could be better spent chasing marks.



After the Exam

After your exam, avoid holding a lengthy post-mortem about how you think you performed, particularly where you still have more exams to take in the same sitting. What's done is done – now is the time to look forward, not back, and concentrate on the next exam.



Finally, the very best of luck to you all in the exams. Don't be afraid to contact us if you need help!