ICM Tips for Before the Exam

(ICM Resource Centre Nairobi)
This Presentation Will Cover:

1. Dealing With Exam Pressure
2. Revision Timetable
3. Revision Timetable Template
4. Your Learning Style
5. Where To Revise
6. When To Revise
7. How To Revise
8. Summary
Dealing With Exam Pressure

If you struggle with exam stress make revision positive and straightforward

• Give yourself plenty of time

• Keep a balance, relax, socialise and exercise

• Plan your time well with a revision timetable
Create a **revision timetable** based on your exam schedule:

- **Judge your timings**, decide how long you will need to feel **confident** for each exam

- Allow a **day** or **two extra** to review your revision before the exam, try not to learn anything new in these days, just recap

**Day of the Week** (this link will provide you with a **simple template structure** - shown on next slide – that you can edit yourself)
Creating a simple graph using Microsoft Excel can really help plan your time

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Exams

Reading relevant course material and taking notes

Writing up notes neatly

Learn key words/concepts

Gym

Social time
Your Learning Style

• Learning styles differ – it is important to have an idea of your learning style

• You can ** adjust the way ** you study to improve the overall productivity of your Learning, to hopefully lead towards improving your end grade

• Refer to the ICM Learner handbook (section 1) for more information
Your Learning Style

• After reading the ICM Learner Handbook, if you still are not sure

• Think about doing some reflection, reflect on your past experiences as a Learner
  
  – Where you have had good learning experiences
  
  – Where you have really struggled to learn something and found it extremely difficult to remember a topic
Your Learning Style

• See if there is any correlation with your good learning experiences and the ways you were learning

• Begin to think if there are any certain times or settings where you do learn more effectively

• Compare this to your bad learning experiences and see if a pattern arises
Your Learning Style

• It may now be clearer that you learn better in certain ways, for example it could be:

  – Visually in the form of pictures or diagrams or demonstrations

  – Auditory learning by listening to explanations or lecture recordings

  – Physically by engaging in experiments or physical activity tasks
Where to revise

• The actual environment you learn in has a great impact on your learning

  – Remove all possible distractions when you study – make sure you are in a room away from a TV or your phone

  – Libraries can sometimes be distracting – see what works best for you

  – Give yourself regular breaks so you can use your phone and check social media, or make yourself a snack or a drink, so you don’t get tempted during study time

  – The right temperature is important

  – Background music can be beneficial to some Learners, test it to see if it helps you concentrate or not
When to Revise

• “Fail to prepare – prepare to fail”

• Start preparing for revision from day 1

• Keep up to date

• Neat, selective and focused lecture notes
How to Revise

• You then can add to your lecture notes through reading from course books and materials

• Do the hardest topics first so that you have time to revisit difficult topics

• Divide and combine the material into sections or themes and cut down into manageable chunks

• Cue cards or into mind maps whatever best suits you
How to Revise

• Cue cards or mind maps allow you to have the **most relevant information** needed for the exam

• Use **different colours** for different sections of your course topic to allow your brain to remember things better
How to Revise

Re-read your cue cards/mind maps, **out loud, in your head** to make the information stick!

Once you have **understood** and remembered the material, you can start **linking concepts and themes** together and **synthesise the information** to create arguments.

You could then create more cue cards/mind maps for the arguments you have come up with.
How to Revise

• Test yourself!

• Get others to test you!

• Use the past papers! (see tips for after a mock exam presentation)

• Reward yourself for correct answers
Summary

• Give yourself enough time to relax, exercise and socialise, allowing your revision to be enjoyable and manageable.

• Start revision from day one, keeping neat and focused lecture notes throughout the year

• Plan your revision using a revision timetable

• Know your learning style and work out what’s best for you, revise using the methods that suit you

• Think about and know where you best work so you can learn effectively

• Test and reward yourself throughout your revision