



Queen Mary
University of London

Revision and Exam Strategies: Planning for a two-hour op

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What would you like to know about preparing for timed exams?

20 responses

Every single detail that is required

What happens if our internet cuts out whilst completing the exam?

Is the structure for this exam the same for all modules?

Referencing- do we have enough time to reference everything ?

How long should we spend on planning

how do i plan my essay and write it within that time best method of finding enough research within the 2 hour time frame

How long to spend on planning, structuring and writing the essay

Reference management, how to write a good introduction and conclusion

the difference in expectation on essay quality/content for a 2hr limit vs. 4hr limit?



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How much time are you expected to spend on each section?

How we can do a sufficient amount of research within the time

how to plan and write this essay in such a short time

Do we have extra time for uploading the essay or are we expected to upload it within the 2hrs?

Do you complete your essay in-person?

how to get my thoughts down on paper coherently

if the expectations and marking expectations are lower for 2 hour exams compared to 4 hours from last year

For those with extra time, will the time automatically be longer on qmplus?

but the issue is that nobody actually did their exams in 2 hours - they took the full time



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20 responses

Is the extra time automatically on QMplus for those registered with DDS?

People did use the full four hours for the exams last year- so i feel nervous that the quality just will not match last year



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Session Plan

Organising your revision

Using revision techniques

Passive v Active

Exam techniques

Essay based exams

Planning for an essay exam question

Keeping a healthy balance



Section 1 – Organising your revision



Revision Timetable

Why create a timetable?

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Helps us get organized, and feel less overwhelmed

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When are the exams?

Topics?

Gather notes and reading

Where are my gaps?

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2nd step – plan your timetable

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Topics?

Gather notes and reading

Where are my gaps?

2nd step – plan your timetable

When will I work on each topic?

Work backward from the exams

Gradually build up time to the exams

Interleave (see **active learning**)...

Using SMART goals

- Don't just set out to "revise"
- Set yourself SMART revision goals (daily? Weekly?)



e.g.
AVOID "Revise on Thursday"

INSTEAD:

"On Thursday morning I will spend 1 hour creating a mind map on topic A and identifying any gaps in my knowledge"

Making sure your timetable is effective

- Revising little and often – better than a few long revision sessions!
- Prioritise **active learning**
- Plan in plenty of breaks, exercise, and time to do other things.
- Each week assess how you are doing – is this working so far?



Section 2 – Revision strategies



Avoiding revision “bad habits”

- How you revise is as/more important than how much you revise
- Be conscious of what you are doing and why.
- Just because you have always done it doesn't mean it works/is right.
- Make sure you're using your time well
- Try new things.



Revision - What doesn't work well

Re-reading and excessive highlighting.

- Time-consuming
- Not goal oriented
- Little thinking is required
- i.e. it is passive
- Doesn't lead to memorisation



Making revision work - Active learning

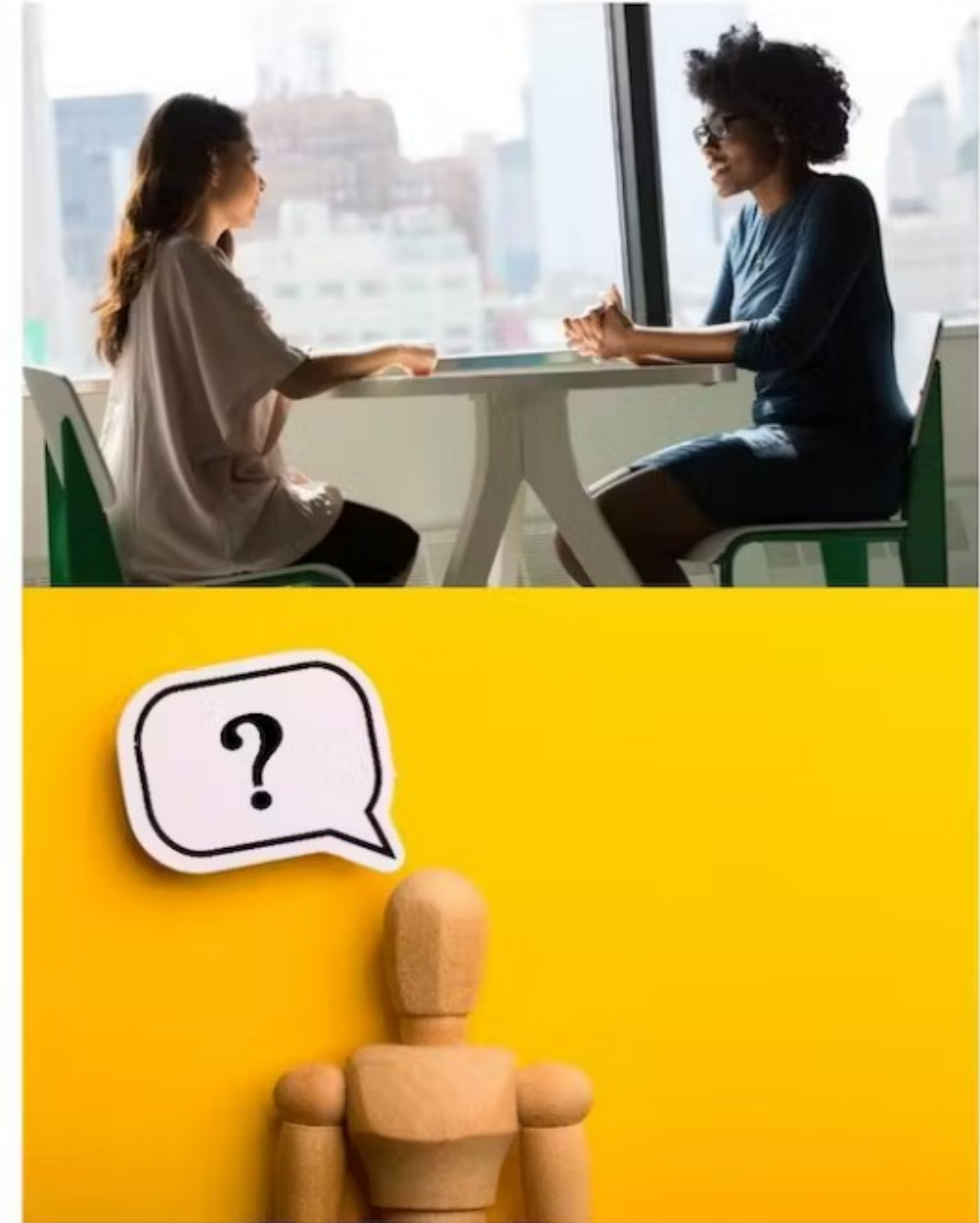
- Revision strategies that make you **do something** with the material
- Involve actively thinking about and processing the information
- Goal-oriented
- Recall-oriented

Active recall techniques

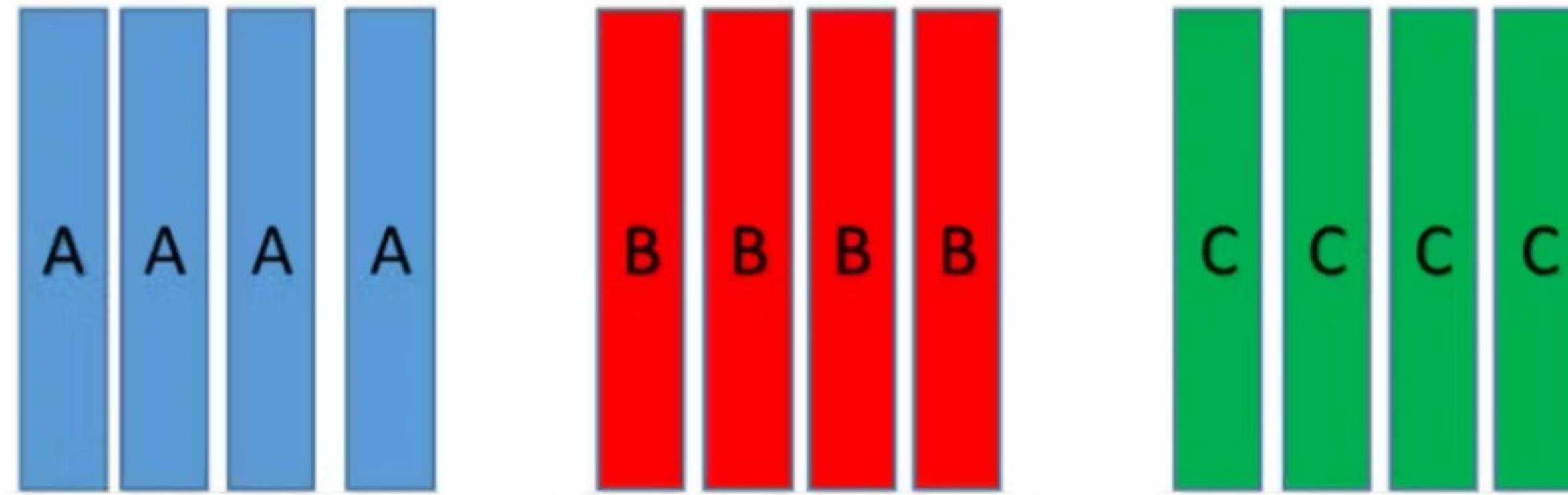
Putting information into different forms:

- Talking to friends
- Recording yourself
- Visuals - drawing
- Write a summary
- Elaboration
- Creating questions

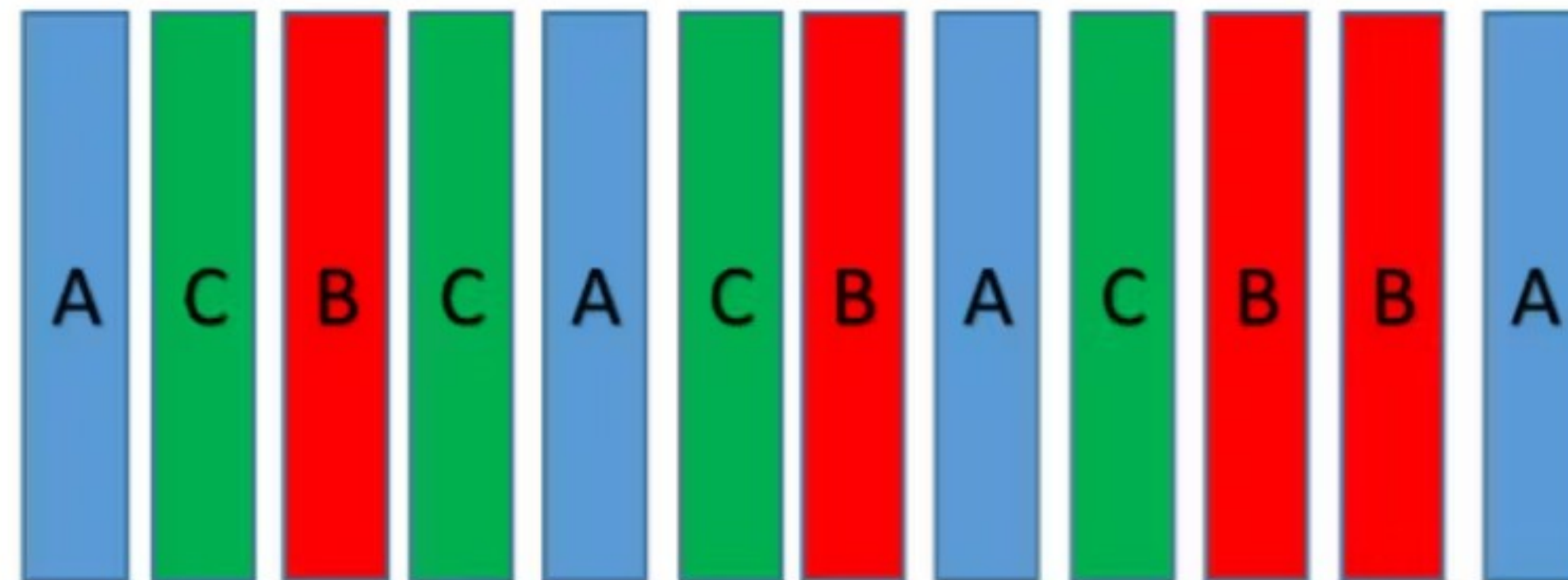
Real-life examples, case studies



Massed Practice



Interleaved Practice



Retrieval practice - know your gaps

Fundamentals Global Mental Health	
Concept of mental health and mental illness	Know well
Mental health and mortality	Know well
Mental health and morbidity	Know well
Mental health, human rights, and human security	Needs lots of work
Culture and mental health	Know well
Contemporary approaches and frameworks to mental health system strengthening	Needs practice

Retrieving our knowledge

Flashcards, mindmaps

Never too early to try a practice question or paper

Helps you to see what you know and don't know – even if this feels difficult!

Think about 'traffic lighting' your work

Know well

Needs practice

Needs lots of work

Organising your information in open book exams

Your notes

- Make your own notes
- Summarise
- Use images
- Have a system
- Apps (but these take time to learn)



Organising your information in open book exams

Topic	Lecture notes	Journal Articles
CBT	<ul style="list-style-type: none">• <u>Patient Factors</u>• <u>Treatment Factors</u>	<ul style="list-style-type: none">• Dunne (2018)• Jonas (2021)
PCT	<ul style="list-style-type: none">• <u>Patient Factors</u>• <u>Treatment Factors</u>	<ul style="list-style-type: none">• Smith (2012)
Psychoanalysis	<ul style="list-style-type: none">• <u>Examples</u>	<ul style="list-style-type: none">• <u>Freud (1923)</u>

Your sources

- Hyperlink to your sources
- File or save them using a system
- Have a Word document with links to your sources
- Have data

Section 3 - Exam techniques



Before the exam

Avoid cramming! Rest and nutrition are much more important for exam success

Online:

- Get suitable workspace set up
- Notes available – organised and designed to use in exam
- Food and water available
- Laptop (not a tablet)
- Charger
- No phone!



Getting started

- Take your time!
- Read through the instructions – TWICE!
- Read through all the questions.
- Decide:
 - Which you think you will answer
 - How much time to take on each question
- Make sure you know exactly what's required.
- Different sections? Plan how much time to spend on each



Essay Exams

- Read the question – break down the title
- Look for instructions (verbs e.g. analyse, compare, discuss), limitations and key words
- Make a plan, or mind map
- Think of timings
- Write draft
- Re-read essay:
 - Does it address the question?
 - Do the paragraphs flow?



Structuring your essay

How many words?

1500 words

The introduction - approx. 10% = 150 words

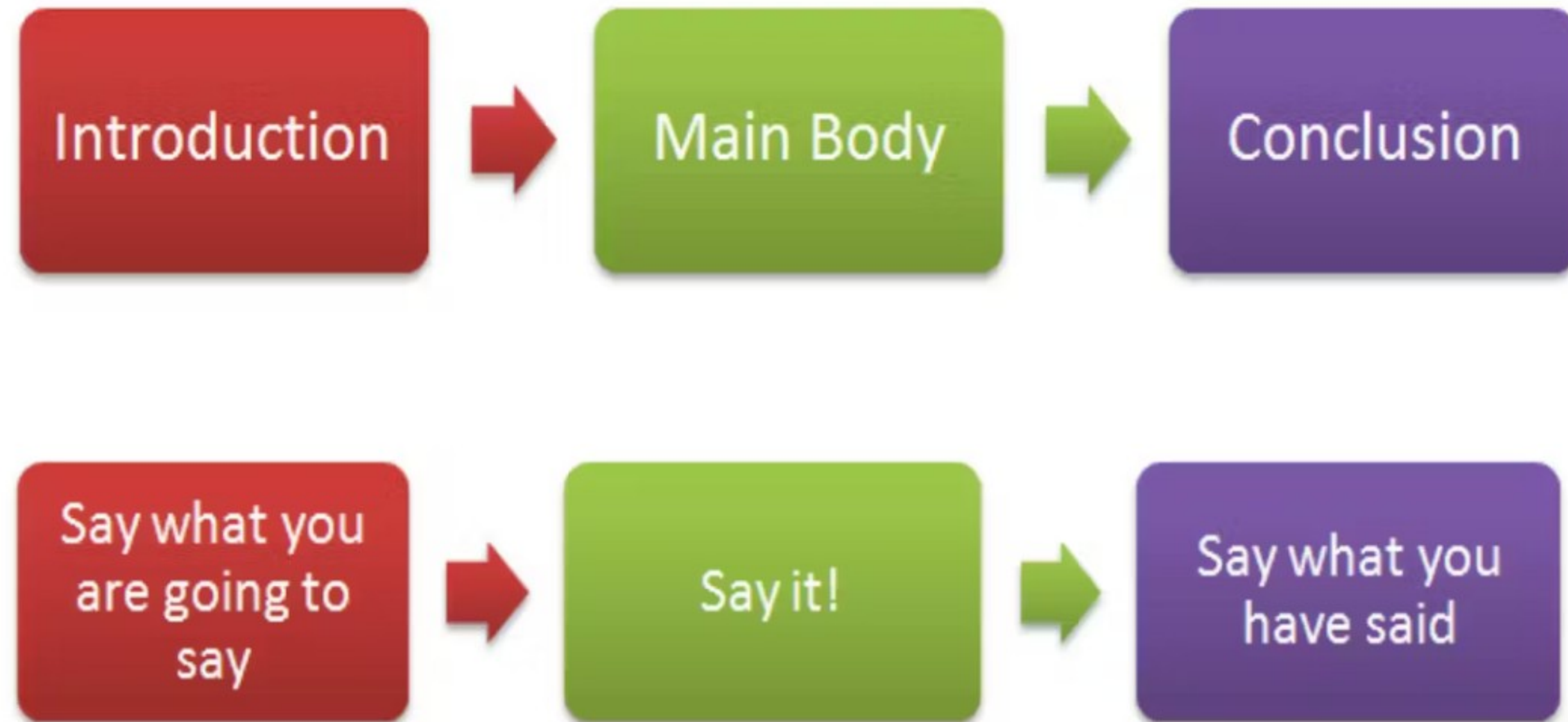
Main body paragraphs – 1200 words

The conclusion – approx. 10% - 150 words



Break your essay into smaller tasks

Essay Structure





Padlet



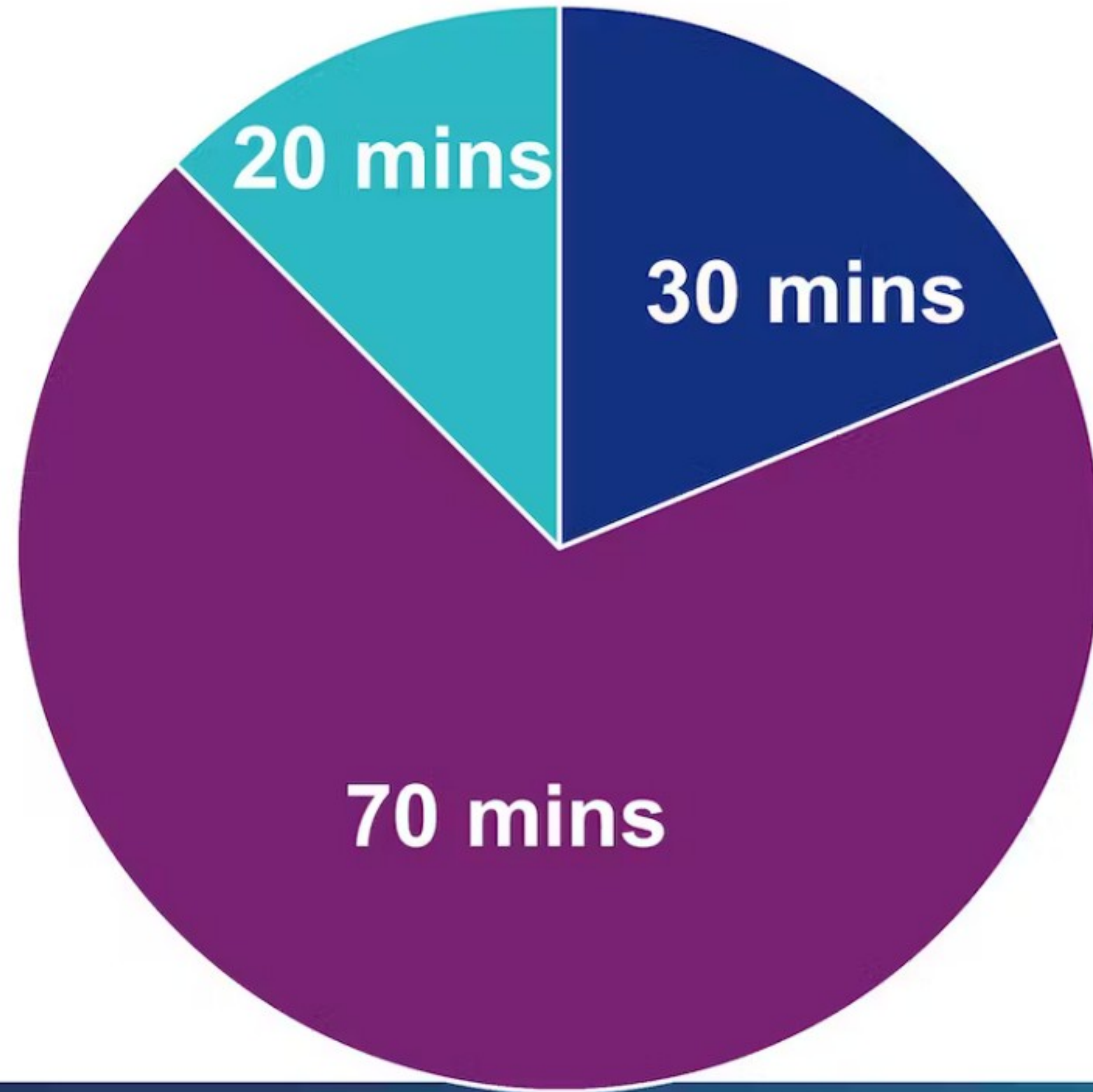


QR Code to Padlet



Timing yourself

2 hours = 120 minutes



- Planning
- Writing
- Reviewing

Exams and stress

Exams are a high pressure environment, and can be stressful

Some stress can be helpful – helps us to focus and motivates us

However, if you're feeling overwhelmed – important to reach out for support

Advice and counselling:

- Advice on Managing Exam Stress - <https://qmulcounselling.wordpress.com/2022/04/22/managing-exam-stress-5/>
- Wellbeing support - <https://www.qmul.ac.uk/welfare/wellbeing-support/>
- Including Mental Health Advice, Counselling

Revision skills - Support available for you

Revise Well Online Module:

<https://rise.articulate.com/share/pdIHJ12SYV7h5zAOfdgJflvhGnNj4ZfL>

Academic Skills -

<https://www.qmul.ac.uk/library/academic-skills/>

Offer 121 tutorials, workshops and online resources for a range of study skills, including revision



Questions?

Write them in the chat



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