

#ExamTips

1. If this isn't the first time you've sat the exam, reflect upon your approach before restarting revision – make sure that you aren't setting out to make the same mistakes again
2. **Organise yourself #1** – book a realistic exam date allowing 6-9 months of revision
3. **Organise yourself #2** – book study leave so that you have a week off before the exam..... time to relax (not cram!)
4. **Choose a revision environment that is conducive to learning** – that may change depending on time of day, time of year, subject being studied
5. **Review college guidance** – ensure you know what to expect, what topics will be covered and in what detail; check on examiners' guidance too
6. **Create a realistic study plan** – check the syllabus and map it out. what do you know already, what do you need to learn?
7. **Evaluate work and homelife commitments** so that you can be sure you are not trying to fit too much in and can still find time for relaxation and hobbies
8. **Identify time-savers** – this is the perfect excuse to stop ironing, or doing the housework. Think about paying someone
9. **Think creatively** – little moments of study time for 20 MCQs eg on the train, between clinics
10. **Plot your life on a wallplanner**, allowing time for relaxation and hobbies – put it somewhere visible and refer to it when you find yourself procrastinating or when you feel guilty about watching a box set!
11. **Actively generate support #1** - from friends and family so that you don't get interrupted to take the bins out
12. **Actively generate support #2** – from friends and family – identify your “go to” person when you feel stressed and tell them what they can say/do to help eg challenge negative self-talk
13. **Identify colleagues #1** that have already passed the exam – quiz them on what they did, resources they'd recommend etc
14. **Identify colleagues #2** that are experts in the areas that you struggle with (find boring or can't understand)
15. **Check what revision courses are available** and ask colleagues to recommend the best one
16. **Apply the knowledge in the clinical setting** as many times as you can...explain to colleagues that you are looking for these opportunities so that they think of you
17. **Check your learning style** and adapt your revision strategy accordingly -
<https://d3i71xaburhd42.cloudfront.net/51273c52059e7c1008a06c845cc3ab254e0e5842/4-Figure1-1.png>
18. **Don't rule out different learning needs** if you are struggling to pass – dyslexia is identified in approximately 15% of trainees we see for exam support

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19. **Keep testing your knowledge with MCQs**, write quizzes for colleagues, keep sitting “mock” papers in exam conditions
20. **Break revision into chunks** of either 40 mins with a 10 min break / 20 mins with a 5 min break. If it feels like it’s a struggle to revise today, start with 20 mins and see how it goes
21. **Get into the habit of a regular bedtime routine**....useful for when you’re working shifts as it signals to the body that you’re winding down to rest
22. **Use the week before the exam to take a break from revision** – sit one “mock” paper a day in exam conditions and spend the rest of your time relaxing
23. **Exam day nerves #1** - challenge nerves about the exam with rational questions – what do I know about this topic? What is the first step in the situation described?
24. **Exam day nerves #2** – get into the habit of deep breathing – in through the nose and out through the nose, right down into the lower part of the lungs
25. **Exam day nerves #3** - create a positive affirmation “I have worked hard, I am clever, I can pass” and say it to yourself in the mirror in the days running up to the exam.

The very best of luck

