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# ICM Tips for Before the Exam



*(ICM Resource Centre Nairobi)*

# This Presentation Will Cover:



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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
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# Dealing With Exam Pressure



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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

# Revision Timetable



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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**)



# Revision Timetable Template Example

Creating a simple graph using Microsoft Excel can really help plan your time

| Day of the Week                                   | 9:00am- | 12:00pm | 13:00pm | 14:00pm- | 16:00pm | 17:00pm | 18:00pm- | 21:00pm |
|---------------------------------------------------|---------|---------|---------|----------|---------|---------|----------|---------|
| Monday                                            |         |         | lunch   |          |         | Dinner  |          |         |
| Tuesday                                           |         |         | lunch   |          |         | Dinner  |          |         |
| Wednesday                                         |         |         | lunch   |          |         | Dinner  |          |         |
| Thursday                                          |         |         | lunch   |          |         | Dinner  |          |         |
| Friday                                            |         |         | lunch   |          |         | Dinner  |          |         |
| Saturday                                          |         |         | lunch   |          |         | Dinner  |          |         |
| Sunday                                            |         |         | lunch   |          |         | Dinner  |          |         |
|                                                   |         |         |         |          |         |         |          |         |
|                                                   |         |         |         |          |         |         |          |         |
| Exams                                             |         |         |         |          |         |         |          |         |
|                                                   |         |         |         |          |         |         |          |         |
| Reading relevant course material and taking notes |         |         |         |          |         |         |          |         |
| Writing up notes neatly                           |         |         |         |          |         |         |          |         |
| Learn key words/concepts                          |         |         |         |          |         |         |          |         |
|                                                   |         |         |         |          |         |         |          |         |
| Gym                                               |         |         |         |          |         |         |          |         |
| Social time                                       |         |         |         |          |         |         |          |         |

# Your Learning Style



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- 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



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- 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



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- 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



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- 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



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- 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



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- *“Fail to prepare – prepare to fail”*
- **Start preparing** for revision from **day 1**
- **Keep up to date**
- **Neat, selective and focused lecture notes**

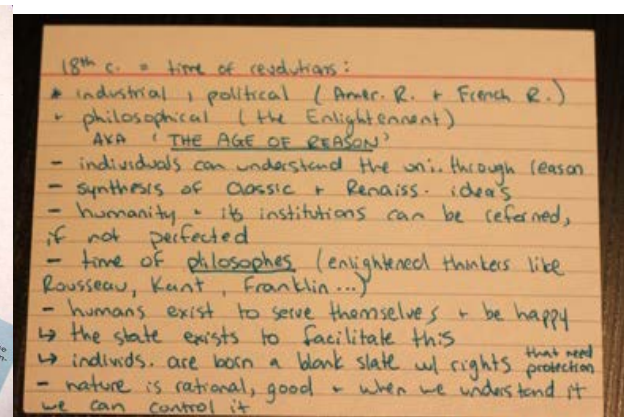
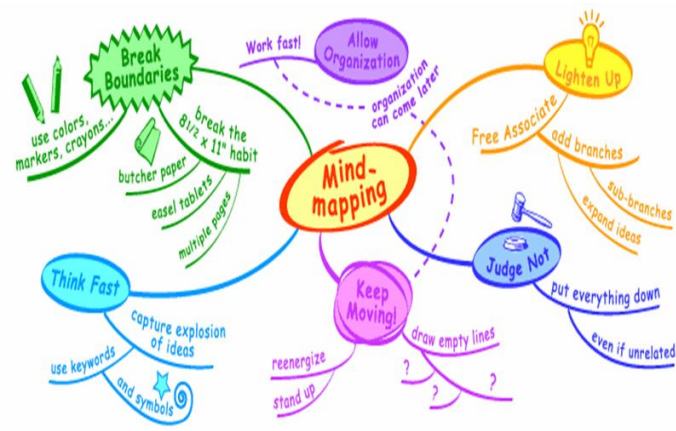


# How to Revise



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- 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



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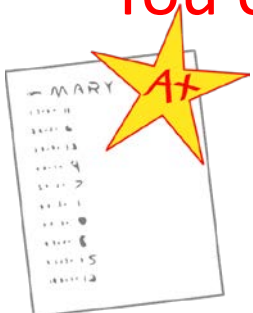
- Cue cards or mind maps allow you to have the **most relevant information** needed for the exam
- Use **different colours** for different sections of your course topic to allow your brain to remember things better



**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



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- **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



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- 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



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**KEEP  
CALM  
AND  
GOOD  
LUCK**