



## Revision Tips

### Find the Right Sound




Music can help some people but hinder others. Try music without words or even white noise or soundscapes. Avoid music that will distract you or make you want to sing along.

### Use the Clock




Get started early, don't make revision your whole day. Evidence shows shorter spells keep your concentration high. Plan regular breaks and don't spend your whole day at a desk.

### Move Around



It's proven that exercise reduces tiredness and stress and increases productivity. Taking a break to move around is great for your brain and your body.

### Fuel Your Body



Skip fatty foods and sugary snacks in favour of fruit and veg. They'll give you the sustained energy you need. Keep hydrated with plenty of water too.

## Togetherall + 24/7 Support

Queen Mary students going through a tough time can access free online support with Togetherall. You will have access to a 24/7 online community and professional support from trained counsellors. Togetherall provides a safe space online to get things off your chest, explore your feelings, get creative and learn how to self-manage your mental health and wellbeing. Togetherall is totally anonymous, so no one will know you've chosen to use it unless you tell them! To join Togetherall, simply go to [togetherall.com](https://togetherall.com) and sign up under Queen Mary University of London with your university e-mail address.



**Queen Mary University of London**

## 24/7 emotional wellbeing support

available to all Queen Mary students

**Togetherall** is an online peer support platform with self-help courses and a forum to connect with others anonymously. Sign up with your Queen Mary email address.

Queen Mary are working with an organisation called **Health Assured** to provide our students with a 24/7 wellbeing helpline when our student wellbeing services are closed. Call 0800 028 3766.

Scan to find out more

## Exam Dates


Contact us:  
 Student Life  
 Student Experience  
 Queen Mary University of London  
 Mile End Road  
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## Revision Tips

### Reward Yourself



Find the right balance between study and leisure. Take a cinema trip with friends after a productive day of revision. Work hard but play a bit too.

### Get Your Rest




A car doesn't run on no petrol and you don't run on no sleep. Give your body what it needs and get a good night's rest, especially the night before exams.

### "Smart" Drugs?



They make some people perform worse than they usually would and if you didn't get them from a doctor the side effects aren't looked at. Long term effects are relatively unknown. Avoid them.

### Make a Plan



Make yourself a revision timetable. Make it fairly detailed, include any relevant notes or papers you need to look over. Block out time for socialising, exercising and any other breaks you may have.



## Get your mind exam ready

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**MINDERFUL**  
 Discover things to do that are good for your mind.

App Store

Activities shown: BIRD WATCHING, FORAGING, BREATH WORK, BAKING BREAD, PHOTOGRAPHY, TEAM SPORTS, VOLUNTEERING, WILD SWIMMING, JIGSAW PUZZLES, JOURNALLING.

## Notes



## Exam Planner

April - May 2024





# Exam Planner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 April	9 April	10 April	11 April	12 April	13 April	14 April
Pomodoro Sessions		Sound in Ground	Pomodoro Sessions			
15 April	16 April	17 April	18 April	19 April	20 April	21 April
Pomodoro Sessions			Pomodoro Sessions			Kyoto Garden Trip
End of Term Concert						
22 April	23 April	24 April	25 April	26 April	27 April	28 April
Pomodoro Sessions			Study Café			
			Pomodoro Sessions			
29 April	30 April	1 May	2 May	3 May	4 May	5 May
Pomodoro Sessions			Pomodoro Sessions			
6 May (Bank Holiday)	7 May	8 May	9 May	10 May	11 May	12 May
Pomodoro Sessions			Pomodoro Sessions		Crossrail Place Roof Garden	
13 May	14 May	14 May	16 May	17 May	18 May	19 May
Pomodoro Sessions			Pomodoro Sessions	Bob Ross Painting on the Canal		
20 May	21 May	22 May	23 May	24 May	25 May	26 May
Pomodoro Sessions			Pomodoro Sessions			

Welcome to Study Well, a campaign that is designed to help you look after your mental health and wellbeing during this stressful exam season. If this isn't your first year at Queen Mary, you'll notice that we're back at it again with lots of fun activities to help you take a break from your studies. For more information visit [studenthealth.qmul.ac.uk/study-well](https://studenthealth.qmul.ac.uk/study-well).

## Event Details

### Student Life

#### QM Student Life x QMSU Iftar (Mile End): 14th March, 6.07pm, Library Square

Take a break from your studies to join Muslim students and colleagues to break fast together as a community. Everyone is welcome, regardless of whether you are fasting or not.

#### QM Student Life x QMSU Iftar (Whitechapel): 21st March, 6.19pm, The Griff Inn

Take a break from your studies to join Muslim students and colleagues to break fast together as a community. Everyone is welcome, regardless of whether you are fasting or not.

#### QM Music Society presents Sound in Ground: 10th April, 5pm - 6pm, Ground Café

Sit back, relax and enjoy a moment of mindfulness as you listen to brilliant performances by the QM Music society in Ground Café!

#### QM Music End of Term Concert: 15th April, 7pm, The Octagon

Unwind with an unforgettable night filled with music and fun! Join us for performances by the QMBL Orchestra, QM Choir, QM Acapella Group, and QM Wind Band! Get ready to groove to amazing performances by talented musicians from our university; it's the perfect way to wrap up the term.

### Residential Life

#### Kyoto Garden Trip (residents-only): 21th April, 1pm meet at Residence's Reception

Nestled in West London's Holland Park is a beautiful Japanese garden, with tranquil waterfalls, Japanese maple trees and a beautiful koi pond. Take a break from your studies and join us for some relaxation.

#### Study Café at QM Social (residents-only): 25th April, 11am- 1pm, QM Social

Do you love the café study vibe, but wish you could have it a little closer to home? This Study Well season we're turning QM Social into a café and study hub for one night only!

#### The Crossrail Place Roof Garden (residents-only): 11th May, 1pm at Residence's Reception

Join us for a relaxing stroll through London's largest rooftop garden, full of exotic trees and refreshing sky views. With plentiful seating, occasional music performances and a restaurant/bar on-site, this is the perfect place to brighten up your studies, or to take a well-earned break!

#### Bob Ross Painting on the Canal (residents-only): 17th May, 5pm - 7.30pm, Canalside

Bob Ross once said, "You can do anything you want. This is your world." It's time to embody Bob and take the world, so we'll be donning our curly wigs and painting Mile End's beautiful canal. All skill levels welcome, and don't forget: "There are no mistakes, just happy accidents."

#### Ice Cream Tour (residents-only): May (please check ResLife website for details)

I scream, you scream, we all scream... for ice cream! Check out the ResLife website to find out how you can grab your free ice cream. <https://residentiallife.qmul.ac.uk/reslife/events>

### Advice and Counselling Service

#### ACS x HSS x S&E: Pomodoro Sessions: 8th April - 24th May, 3pm - 5pm, Graduate Centre (various rooms)

The Pomodoro Technique involves breaking your work into manageable 25-minute intervals, each followed by a short break. This approach has proven effective in boosting productivity, concentration, and minimising procrastination. Adopting the Pomodoro Technique can help you organise your study sessions efficiently, maintain focus, and prevent burnout. We encourage you to drop in at any time during the sessions, running on Monday and Thursday afternoons, to discover how this technique can positively impact your study routine.

### LLSE

#### Dissertation Sessions: 4th April - 30th July, Online

Writing your dissertation is likely to be one of the biggest written projects you have undertaken so far. In these workshops, we explore the writing and research process, techniques for organisation and productivity, how to write more critically, and strategies to get you started and keep you going. Book here: <https://qmul.libcal.com/calendar?cid=8153&t=d&d=0000-00-00&cal=8153&inc=0>

#### One-to-One sessions (Academic Skills): Ongoing, Online

We offer one-to-one sessions to help you with your academic reading, writing, organisation and presentation skills. Follow the link provided to book your appointment. Book here: <https://qmul.libcal.com/appointments/acaskills>



We have lots of brilliant events happening during Study Well!

Scan the QR code or visit [qmsu.org/studywell](https://qmsu.org/studywell) for full details.

