Exam Planner
April - May 2023

Revision Tips

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.

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.

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.

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.

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.

Notes
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.

Reward Yourself

Get Your Rest

‘Smart’ Drugs?

Make a Plan

Get your mind exam ready

Remember,
Togetherall is available anytime & anywhere.

24 hours a day, 365 days of the year.

Togetherall
Queen Mary students going through a tough time can access free online support with Togetherall. Whether you’re struggling to sleep, feeling low, stressed or unable to cope, Togetherall can help you get support, take control and feel better.

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 and sign up under Queen Mary University of London with your university e-mail address.

Contact us:
Student Life
Student Experience
Queen Mary University of London
Mile End Road
London
E1 4NS
Email: studentlife@qmul.ac.uk
Instagram: @qmstudentlife

The information given in this publication is correct at the time of going to press. We reserve the right to modify or cancel any statement in it and accept no responsibility for the consequences of any such changes.
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.

## Student Life

### Eat Well, Study Well: 3rd May, 18th May & 7th June, 5:00pm, Library Square
Take a break from revision and come get some warm food to help fuel your revision sessions.

### Free Hot Drinks for Residents: 2nd May to 22nd May, 10.00am - 12.00pm, The Curve
Valid with Residents’ Rewards Card

### Residents’ Brunch: 13th May, 10.00am - 2.00pm, The Curve
Take a morning away from the books and join us at our study-free brunch. Valid with Residents’ Rewards Card

## Residential Life

### Pick, Paint, Plant: 9th May & 15th May, 12.30pm - 4.00pm, Draper’s Lounge
Come along to Pick, Paint & Plant where you’ll be able to add a touch of nature to your room! It’s simple: Step 1 - Pick your cactus or succulent. Step 2 - Paint your pot Step 3 - Plant and Voila! Please note its one plant per person.

### Petting Zoo: 11th May & 15th May, 12.30pm - 4.00pm, SU Hub
Come have a break and improve your wellbeing with our mobile petting zoo! Tickets are FREE. Book your slot at qmsu.com

## QMSU Sport

### Wellbeing Walk: Every Wednesday from 3rd May - 31st May, 12.30pm - 1.30pm, Meeting Point in Library Square
Take a break from your screen to stretch your legs and get outside. Physical activity is proven to help mood, concentration and exam performance so join us in the sunshine to boost mood and improve academic performance so take a break and get involved.

### Get Active Pop-up: Every Tuesday & Thursday from 2nd May to 1st June, 12.30pm - 3.00pm, Library Square
Take a break from your desk to play some badminton, table tennis, corn hole and tennis in Library Square! We provide all of the equipment and you can get involved for as long or as little as you like. Physical activity is proven to boost mood and improve academic performance so take a break and get involved.

## Students’ Union

### Knit and Knatter: 22nd May, 2.00pm - 4.00pm, The Chapel
Take a break from your studies to try knitting and having a knatter!

### Board Games: 23rd May, 6.00pm - 8.30pm, Bloomsley Rooms
Unwind and enjoy playing some boardgames!

We have loads of brilliant events happening during Study Well!
Scan the QR code or visit qmsu.org/studywell for full details.

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### Event Details

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