


Revision Tips

Fuel Your Body




Skip fatty foods and sugary snacks in favour of fruit and veg. They'll give 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.

Queen Mary Over the Christmas Break

To recognise that Queen Mary is asking students to revise over the Christmas vacation period, the University has reviewed what support is available to students after the end of teaching on Friday 15th December through to the beginning of the January exam period on Tuesday 2nd January 2024.

Christmas Support Services
Please find a list of support services available over Christmas on this webpage: qmul.ac.uk/student-experience/christmas-holiday-support-for-students/

Mile End Library
Mile End Library will have the following opening hours over the Christmas vacation period:
Thursday 21 December - 24/7 Opening closes at midnight
Friday 22 - Sunday 24 December - 10:00-22:00
Wednesday 27- Monday 1 January - 10:00-22:00
From Tuesday 2 January - 24/7 from 08:00

Help in a Crisis
For advice and guidance about how to access help and support in times of crisis, please visit this page, which is hosted by our Advice and Counselling Services: welfare.qmul.ac.uk/counselling/help-in-a-crisis
If your life is in danger or if you have a medical emergency (including mental health) call 999.

Advice and Counselling Service Out of Hours Support
The Advice and Counselling Service will close on Thursday 22nd December and reopen on Tuesday 2nd January.

This webpage hosts an array of alternative sources of out of hours support: welfare.qmul.ac.uk/alternative-and-out-hours-support

Student Health Service
The Student Health Service will be closed from Friday 15th December and reopen on Tuesday 2nd January 2024. The main Surgery will be open throughout the Christmas holiday period, bar Public Holidays. For more info: studenthealth.qmul.ac.uk

Togetherall + 24/7 Support



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


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



Scan to get the app



MINDFUL
Discover things to do that are good for your mind.



App Store

Notes

Exam Planner
January 2024

Exam Planner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11th December	12th December	13th December	14th December	15th December	16th December	17th December
BL Christmas Carol Service	Online Burnout Workshop	Wellbeing Walk				
18th December	19th December	20th December	21st December	22nd December	23rd December	24th December Christmas Eve
Pomodoro Study and Mindfulness		Managing Exam Stress				
25th December Christmas Day	26th December Boxing Day	27th December	28th December	29th December	30th December	31st December New Year's Eve
1st January New Year's Day	2nd January	3rd January	4th January	5th January	6th January	7th January
				Exam Breakfast Club		
8th January	9th January	10th January	11th January	12th January	13th January	14th January
Residences' Treat Trail		Pop-Up				
'Make-your-own-pizza' Kit		Wellbeing Walk	Winter Warmers		Residents' Brunch	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15th January	16th January	17th January	18th January	19th January	20th January	21st January
		Wellbeing Walk				
	Winter Warmers	Pop-Up		Pick, Paint and Plant		
22nd January	23rd January	24th January	25th January	26th January	27th January	28th January
			The Big Hot Drinks Giveaway			

All of the events below are **FREE**, please visit studenthealth.qmul.ac.uk/study-well for more events, information and booking links.



Student Life

Study Well Winter Warmers - 11th and 16th Jan, 5pm - till gone, Library Square
Take a break from revision and come get some free, warm food to help fuel your revision sessions.

The Big Hot Drinks Giveaway - 25th Jan, 11am-till gone, BrewBox in Library Square
Kick off Semester 2 with a free hot drink and a cookie to warm yourself up.

Get Active

Wellbeing Walk -13th Dec, 10th Jan and 17th Jan , 12.30pm-1.30pm, Library Square (Meeting Point)
Take a break from your desk and stretch your legs on our wonderful walks along the canal to Victoria Park! The perfect opportunity to step outside and calm your mind during a busy day of revision.

Pop-Up (January) - 10th Jan, 17th Jan, 1.30pm-3pm, Library Square
Come and play some fun pop-up activities in Library Square every Wednesday afternoon to take a break from your desk. Physical activity is proven to boost your mood and your concentration so why not come and play some badminton, table tennis or cornhole with friends.

School of Economics and Finance

Exam Breakfast Club - 5th Jan- 18th Jan (on exam dates only, 9am-till finish, SEF Office on Level 3 in Graduate Centre
Visit the SEF Counter from 9am in the morning before your examination to fuel up on some nutritious breakfast food before your exam.

Music

BL Christmas Carol Service - 11th Dec, 7pm, St Dunstan and All Saints Church
Join the BL Orchestra, BL Voices, and BL Gospel Choir for a night of carolling, mince pies, and mulled wine in support of St Dunstan's Food Bank.

Students Union

Online Workshop to Recognise and Learn to Alleviate Signs of Burnout - 12th Dec

Feeling burnt out and lacking motivation? Wishing you knew tools to help cope with stress? Then this workshop is for you! The focus of the session will be on how to recognise and learn the signs of burnout to prevent you feeling this way.

Pick, Paint and Plant - 19th Jan

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.

Please check qmsu.org/events/ for further event details.

Advice and Counselling Service

Pomodoro study session and mindfulness with Vuong Nhat Thanh Ngo - 18th Dec, 12pm-2pm, GC222 in Graduate Centre
Join Vuong Nhat Thanh Ngo for a productive pomodoro study session with mindfulness to build healthy approaches to exam stress and anxiety. *Book your spot here:* vuongsmindfulness.eventbrite.co.uk

Managing Exam Stress - 20th Dec, 3pm-4pm, GC205 in Graduate Centre

A one-hour workshop exploring the ways in which stress can affect students and how to become more exam ready.

Residential Life

Residents' Treat Trail - 8th Jan-12th Jan

Savour your study break with a free snack from your Residential Life team. Available for collection from your building's reception. Check the Residential Life website for the date and time of your hall's event.

Knead a Break? Make-your-own Pizza Kit - 8th Jan-19th Jan

Purchase a £2 make-your own pizza kit for an easy, fun meal that you can enjoy with your flatmates. Check the Residential Life website for the date and time for more details.

Residents' Only Brunch at The Curve - 13th Jan, 11am-2pm, The Curve

The Curve is opening for residents on Saturday to make it easy for you to refuel and catch-up with your friends and flatmates mid-way through the exam season.

Residential Life events are open to residents only.



Visit the Students' Union Study Well page for more resources and activities.

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 doggy drop-ins and other fun activities to take a break from your studies. Visit: qmsu.org/studywell