

# Exam Planner

## April - June 2022



## Fasting for Ramadan?

Fasting during the exam period can be very difficult. It's important that you fast safely and keep yourself healthy. Here are some helpful tips from the NHS and student.com contributor Sarah Nurgat:

### Aim for a balanced diet

- Eat foods from all the food groups
- Limit sugary food
- Eat foods high in fibre
- Concentrate on foods rich in complex carbohydrates and protein
- Avoid deep-fried, high-sugar and high-fat foods
- Drink lots of water
- Avoid eating anything too rich

Suhoor should be a wholesome meal that's filling and provides energy throughout the day. Pitta bread, salad, cereal (especially oats) or toast provide a constant release of energy. Make sure you get some vitamins too, fruit and fruit juice are good for that revitalising effect.

### Adjust your routine

Your sleeping and eating routine changes during Ramadan, so, it makes sense your revision routine should too. Some people choose to sleep after Suhoor until Midday and then revise (with breaks) until Iftar. Others choose to revise straight after Suhoor and then sleep in the afternoon until Iftar. Do whatever works best for you. Maximise your revision when you're feeling energetic and when your energy is low make sure you get your rest. Rest is just as important as your revision.

If you feel yourself getting sleepy or losing focus then some fresh air or a splash of water on your face might give you a little boost. Make sure you take breaks from revision.

## Open Iftar

Take a break from your studies and join us in Library Square at sunset with some free food and drinks at two events during the month of Ramadan. Everyone is welcome.

Thursday 21<sup>st</sup> April 2022 and Thursday 28<sup>th</sup> April 2022  
 #QMULOpenIftar

## 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](https://togetherall.com) and sign up under Queen Mary University of London with your university e-mail address.

# Remember,

# Togetherall is available anytime & anywhere.

24 hours a day, 365 days of the year.

## 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.

## 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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## Notes

Contact us:  
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# Exam Planner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18 April	19 April	20 April	21 April	22 April	23 April	24 April
		Illustration for Comics	Revise Well	Peaceful PiYo	Residents' Brunch	
		Tea & Talk	Open Iftar			
25 April	26 April	27 April	28 April	29 April	30 April	1 May
Revise Well	Time to recharge - free giveaway	Painting from the Imagination		Peaceful PiYo	Residents' Brunch	
Study Afternoon's at Mucci's	Study Afternoon's at Mucci's	Study Afternoon's at Mucci's	Study Afternoon's at Mucci's	Study Afternoon's at Mucci's		
		Revise Well	Open Iftar			
2 May	3 May	4 May	5 May	6 May	7 May	8 May
Revise Well	Get Active Basketball	Illustration for Comics	Get Active Pop-up	Peaceful PiYo		
		Wellbeing Walk and Running Group	Tea & Talk	Get Active Basketball		
			Get Active Badminton			
9 May	10 May	11 May	12 May	13 May	14 May	15 May
Photo competition						
Revise Well	Wellbeing Day	Pinch Pots and Sculpture Making	Get Active Pop-up	Peaceful PiYo		
Get Active Badminton	Get Active Basketball	Wellbeing Walk and Running Group		Get Active Basketball		
Get Active Tennis	Mindfulness for Beginners	Mobile Zoo	Get Active Badminton			
Motivational Monday						
16 May	17 May	18 May	19 May	20 May	21 May	22 May
Photo competition						
Get Active Badminton	Get Active Basketball	Wellbeing Walk and Running Group	Get Active Pop-up	Peaceful PiYo		
Motivational Monday				Get Active Basketball		
Get Active Tennis			Get Active Badminton	Frat & Bat: Crazy Golf		
23 May	24 May	25 May	26 May	27 May	28 May	29 May
Get Active Badminton	Get Active Basketball	Wellbeing Walk and Running Group	Get Active Pop-up	Peaceful PiYo		
Motivational Monday			Get Active Badminton	Get Active Basketball		
Get Active Tennis						
30 May	31 May	1 June	2 June	3 June	4 June	5 June
Get Active Badminton	Get Active Basketball	Wellbeing Walk				
Motivational Monday						
Get Active Tennis						

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

### Residential Life

**Residents' Brunch: 23th & 30th April, 10:00 am - 1:00 pm, The Curve**  
Take a break from revision with a hearty brunch from The Curve with your fellow residents.

**Study Afternoon's at Mucci's: 25th - 29th April, 2:30 pm - 4:30 pm, Mucci's, Library Square**  
Looking for a change of scenery or some company while you revise? Come to Mucci's with your Residents' Rewards Card and get a free hot drink and a sweet treat while you study.

### Student Life

**Illustration For Comics: 20th April & 4th May, Midday - 3:00 pm, Library Square**  
Ever wanted to turn your story in to a comic or learn how to draw your own characters? In this workshop you will learn some fun skills that you can use to invent your own characters and tell your stories through comics. This is a relaxed and open safe space for all students, you don't need to have any previous experience to join.

**Open Iftar: 21st April, Sunset @ 8:06 pm and 28th April, Sunset @ 8:18 pm, Library Square**  
We are thrilled to announce that we are once again hosting Open Iftar and will be providing an iftar experience to people of all and no faiths! Join us for food and drinks at sunset in Library Square. Come along and bring your friends!

**Painting from the Imagination: 27th April, Midday - 3:00 pm, Library Square**  
Drop in and connect with your creativity in this collaborative painting workshop. This is a relaxed and open safe space for all students, you don't need to have any previous experience to join.

**Pinch Pots and Sculpture Making, 11th May, Midday - 3:00 pm, Library Square**  
Work with clay to sculpt cute pinch pots and to make your own sculptures. This is a relaxed and open safe space for all students, you don't need to have any previous experience to join.

### Academic Skills

**Revise Well: 21st, 25th, 27th April, 2nd, 9th May, Midday - 1:00 pm, Online & In-person**  
Learn how to revise effectively and efficiently during our interactive workshops, where we'll discuss things such as memory techniques, time management and more. For times and to sign-up, see our website: <https://www.qmul.ac.uk/library/academic-skills/revise-well/>

### ACS

**Mindfulness for Beginners, 10th May, 3:00 pm - 4:00 pm, Online**  
Why not come to a Mindfulness Taster where one of our student wellbeing advisers will introduce you to the idea of being mindful as well as guide you through a practice in a welcoming environment with fellow students.

### Students' Union

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

