

Study & Relax @WURLibrary

Soon it's [exam week](#) again! Here are some tips and tricks to help you!

Study tips

- Go to the last lecture of a course as teachers often give tips on how to prepare for the exam.
- Motivate yourself. Set study goals and reward yourself when you complete something.
- Use peer support. Talking with other students about course work helps the study process.
- Study in intervals. Studying with short breaks between periods of study works more effectively than cramming for hours at a time. You should study at 20- to 50-minute intervals and then take a 5- to 10-minute break.
- Minimize distractions. Turn off your electronic devices and stick to your study plan.
- Research* suggests that studying with a printed text or a paper book is more effective than studying with a digital text on screen. So take a tech break and switch to your paper text book and take handwritten notes. * [Reading Across Mediums: Effects of Reading Digital and Print Texts on Comprehension and Calibration](#). Lauren M. Singer & Patricia A. Alexander *The Journal of Experimental Education* Vol. 85, Iss. 1, 2017
- Study in a regular place, as free as possible from distractions. Did you know that in the Library you can also find silent study rooms?
- Use a variety of active learning strategies: don't just read but summarize your notes and repeat them aloud, teach to learn (explain your topic to someone else, let them ask questions), and make a mind map or create flash cards for easy memorisation.
- Check the [Library catalogue](#) for books on study skills, academic writing and time management (keywords *skills – study - writing skills - information literacy – time management*).
- The Student Service Centre offers more support and training to [improve your study skills](#).

Exercise & Relax

- Exercise regularly -- walk your neighbour's dog, take a dive in the [swimming pool de Bongerd](#), or workout at [Sports Centre de Bongerd](#) --. It all helps to boost your memory, increase your energy and reduce your stress levels.
- Take short and active breaks. You can even take a break in the Library and visit the current exhibition in the Library's [Special Collections](#).
- During study and exam weeks the Library has a special 'Relax Corner'. Here you can read comics, newspapers, and even colour! You can also play chess or do a card game. So come in and let your mind wander and your brain recover!



Exam tips

- Read all the questions carefully before starting and quickly plan how much time to allocate to each.
- Start answering the questions you feel most confident about. There is no need to answer the questions in order.
- If your mind goes blank, just start writing anything and you will soon start remembering more details.
- Don't spend more time than you'd planned on a particular section/question or you might run out of time to answer other questions and gain those extra points!
- Leave any questions you're unsure about till the end.
- Use every minute of the exam and if you have time left, review your answers before handing them in.

Practical tips

- During the exam weeks Forum and Leeuw Library have [XL opening hours](#).
- Double check the location and time of your exam the morning of your exam just in case there's been a change.
- Remember to bring along any required and approved materials, like a calculator, stationery, water, WUR card or dictionary. You can also borrow [dictionaries from the Library](#).
- Get a good night's sleep, eat a good breakfast and try to avoid last minute cramming.

Good luck with your exams!



Silent study rooms WUR Library