

Study & Relax at the Library

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.
- Study in a regular place, as free as possible from distractions. Did you know that in 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*).

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 'Back to the Roots' in the Library's [Special Collections](#).
- During study and exam weeks the Library has a special 'Relax Corner'. Here you can read comics, peruse magazines or newspapers, and even colour! The library provides beautiful and inspiring colouring sheets and pencils. You can also get creative with LEGO bricks or KAPLA blocks! 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' 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