

2025

# De-stress Guide



*By Will Parker*

# Let's Talk About...

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Assessments  
& Revision

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# A Quick Introduction...

We are all too familiar with the wide variety of feelings exam season can bring. Some students thrive on the pressure of a tight deadline, whilst others dread the looming countdown.

Whatever this assessment period looks like for you, we know that this can be a stressful time for any student, so we've put together some of the best advice a student could ask for, so sit back and enjoy the ride!



# 1 Exams, Assessments & Revision

The most important part of succeeding in any assessment is to prepare effectively. Although everyone is unique and has their own style of learning, there are some general tips you should use to make sure you feel prepared.

## **Make yourself a separate study space from your leisure space!**

Whether you are studying in your university halls or at home, it is super important to separate your work from play. Physically dividing these can be a great step towards doing the same mentally. This can be in a separate room, or even just working at a desk and chilling in your bed.

This rule should also be the same for your laptop if you have apps, like Netflix downloaded on your laptop, make sure they're closed whilst working so you're not tempted!



## **Take frequent, UNAPOLOGETIC, breaks!**

Nobody can concentrate effectively on one thing for too long, so when making your study plan, factor in a break every half hour or so to do something you enjoy and grab a drink, snack or even 5 minutes of fresh air. Don't ever feel guilty for doing so!

If you can feel yourself losing concentration or motivation, it's always better to take a step back then come back, rather than trying to push through and risk causing frustration and fatigue.



## Know your study style!

We all take in information differently, some of us prefer listening to content, whilst others prefer visual stimuli. Knowing your own learning style will help you not only study more effectively, but also enjoy it!

You may find more information sinks in when you listen to it, rather than reading it. There are loads of tools on the internet to find out your learning style, try it out and see if you can adapt your tools to suit your style!

## Reward yourself!

Studying and completing assessments is hard work, there's no harm in giving yourself a pat on the back as you go.

Before you start revision, think of something that will make you smile, and set yourself a work-related target to earn it. Whether it's eating a Starburst after every page of notes, or watching your favourite film with a takeaway after submitting your assessment, it's always important to recognise your hard work.

This will also help you enjoy your time away from your revision without feeling guilty.



# Divide your tasks!

We all have reasons why we might procrastinate. It might be because you don't enjoy the topic, something is too difficult, or maybe you just know it will take longer than your other tasks. To make sure you spread your workload evenly, and stop procrastinating on the bits that seem aren't as appealing, try making a "get-it-done grid". Pick 2 factors that are most important to you when deciding what you are going to focus your work on.

As an example, we'll use whether something is easy to do or more difficult, and if it will take a short or a long time. Make yourself a 2x2 grid, with one factor along the top and the other to the side. Divide all your tasks up between the 4 quadrants, based on where they best fit to match your factors.

When setting your tasks for the day, make sure to pick at least one item from each section of your grid, so you know you don't leave the worst tasks until last! Doing tasks to the full and breaking down work then ticking it off also means you're less likely to feel guilty when you take breaks, as there is proof that you have done the best you could. Don't worry, for all you visual learners out there, I've made an example below!

	Easy	Difficult
Short-time		
Long-time		



# 2

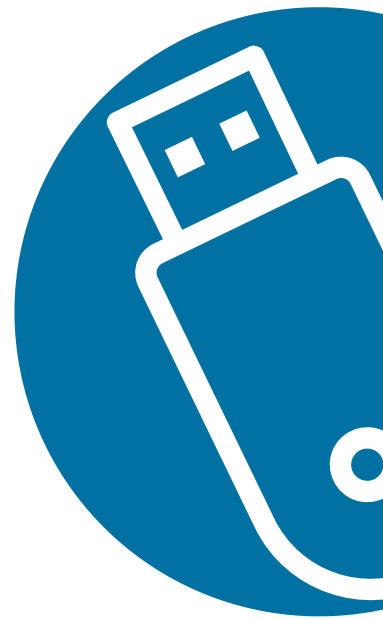
## Memory Hacks

Our brains are powerful things, yet sometimes it still seems like the old information-station has completely shut down. Here are some tricks to help you get your memory into gear for those exams!

### Make a memory palace

Divide your studying into themes, if a subject is more closely related to the previous one then it will be easier for you to flow between topics.

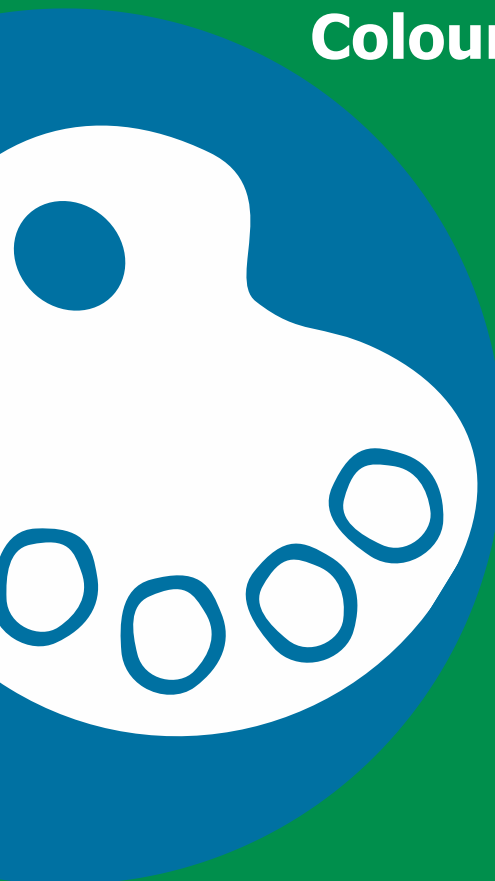
I found this especially useful when I had to study topics that fed into each other, as it was like I was “going with the flow”.



### Colour Coordinate

When writing your notes, pick your favourite-coloured pens and assign each one to a theme or subject you need to cover.

When recalling the information later, go through all the colours you used when revising in your head, this should help you not to leave anything out! If you don't have coloured pens, sticky notes work fine!



## Make a catchy phrase

For anything short but important, using a mnemonic can really help. Pick the first letter of each buzzword you need to remember and make this into a catchy phrase (for example, to remember the directions of a compass, use Never Eat Sweets William).



This also works great for equations like  $e=mc^2$  could be Edgar (e) is (=) my (m) cat(c).



## Use association

Like the last few points, any kind of association is super powerful when it comes to memory! If possible, do your revision in the same workspace you will sit your assessment, you will remember much more than you think! You can also try this by arranging your desk a certain way or simulating your assessment environment.

## Repetition, repetition, repetition!

The other most powerful tool in your memory arsenal is repetition. You use repetition by using the 'look, cover, write, check' method which means you look at the information, cover it up, try and write as much as you can remember and then check to see how much you got.

You could also turn your footnotes into a catchy tune, or just say them out loud a bunch of times. It's also helpful to test yourself or get someone else to test you; either way, eventually it will stick. Write your notes repeatedly, turn your footnotes into a catchy tune, or just say them out loud a bunch of times.





# 3

## Combating Stress

Now that we've talked about somethings that will help you through your assessments, let's address something that won't. Stress. Stress is completely natural to experience, especially with the pressure of an assignment, but there are lots of things you can do to try to keep it at bay. Here are a few of the best:

### Plan ahead

Knowing what your goals are and when you should have achieved them is a great way to keep on track and prevent last minute overload. Make a list of everything you need to cover and spread it out as best you can across the time you have until your assessment.

If you have been putting off work over the break and have realised you've left it until the last minute. Just remember, it's never too late to start! If you suddenly remember at 4pm on a random Friday that you've left all your work to the last minute – get planning!

Even if it's only on your phone to start. It's better to do something now than nothing later.

### Make time for what you enjoy

We preestablished that breaks are key, but how you use them is just as important. A stressed student with assignments due is still a human with hobbies and interests, and not participating in the things that make you smile will just add to the pressure you are under. Work-life balance is vital to a successful study experience.



## Take care of yourself

I know this is far easier said than done, but as has probably been drilled into you by now “a healthy body is a healthy mind”.

Without good food, a bit of exercise, and a decent amount of sleep, your brain won't be able to keep up with all the hard work you put into your studies remember to care of yourself.



## Stay social

There are plenty of ways to keep in touch with your friends. Plan games nights, or even host a study session. Both things can even be done virtually if you've stayed at home to study.

It is easy to isolate yourself when focused on assessments, so be sure to prioritise time to be with others.



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## Key Contacts

Although I stand by these tips for making your study season a little easier, there is no denying that this time of year can be tough. If you are needing an extra helping hand, here are a few key contacts you should know about:

### **AberSU Advice Service**

<https://www.abersu.co.uk/advice/>

### **Student Support Wellbeing Service**

<https://www.aber.ac.uk/en/sscs/wellbeing/>

### **Subject librarians**

<https://www.aber.ac.uk/en/is/library-services/librarians/>

### **Academic Reps**

<https://www.abersu.co.uk/shapeaber/studentrepresentatives/findmyrep/>

### **Me! Your Academic Affairs Officer**

[suacademic@aber.ac.uk](mailto:suacademic@aber.ac.uk)



@undebaber





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By Will Parker

That's everything  
from me, for now!  
Now get out there  
and rock those  
assessments!

Best of Luck, Will.

