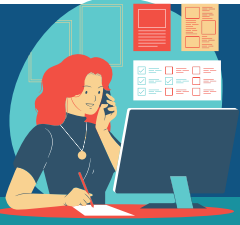


BCA's

Quick Guide to Exam Prep

British
Chiropractic
Association



MANAGING YOUR WORKLOAD

CREATE YOUR OWN TIMETABLE
Schedule in as many breaks as revision sessions. Don't put pressure on yourself to do long study sessions, break things into smaller chunks



START EARLY, DON'T CRAM
It's much better to do smaller amounts and start sooner, than to squash it all in, days before your exam



DIVIDE YOUR MODULES INTO SUBJECTS/HEADINGS
Set a goal of looking at one topic per session. It's better to focus well on one thing at a time than to try and do 3 things and be less focused on each

USE THE 'POMODORO' TECHNIQUE
Do 25 minutes of work, followed by a 5 minute break, followed by 25 minutes of work, etc. Research shows that we can focus better with bite-size chunks of work, which may result in better information retention

MANAGING STRESS LEVELS



BE REALISTIC IN YOUR EXPECTATIONS
Don't place too much stress on yourself. Give yourself permission to make mistakes and you will be more likely to get things right

TRY MEDITATING BEFORE YOU START WORKING
Naturally, exams make a lot of us nervous. If you are going through an emotional period, whether related to your exams or not, it's important to deal with this first before approaching your studies

SHARE THE LOAD
Find a friend who knows a topic you struggle with and vice versa. Explaining a topic to others not only helps in revision but also increases your confidence. Feeling socially supported is a great way to deal with stress

MANAGE YOUR SLEEP
Don't lose sleep working late at night. It is when we sleep that our brain processes things and commits them to memory. Why not even try a 40 minute nap in the afternoon as well? It can boost productivity

DIFFERENT WAYS OF LEARNING

KNOW YOUR RHYTHM

The brain is able to process certain information better at certain times of the day. Find out if you are a night owl or an early bird and make sure you use your brain when it's at its best processing potential

GET CREATIVE

If retaining information by simply reading paragraphs of words doesn't work for you, get creative - draw things, try anatomy colouring books, use acronyms or even invent stories about the things you are learning



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