**Support for Examinations and Timebound Assessments 21/22**

There is support available to help you with examinations. We have brought together the examination student support offer and some tips and information to help you with your examination preparation, preparing the best environment and looking after your wellbeing.

# Wellbeing

We offer a range of online [group sessions](https://www.shu.ac.uk/wellbeing/resources/group-sessions) to support you through university life, including sessions on motivation, anxiety and managing stress. January dates will be available for booking shortly.

Our [Bitesize Wellbeing](https://www.shu.ac.uk/wellbeing/resources/videos) videos on [Grounding Techniques](https://youtu.be/5a88mUAzNLk) and [Box Breathing](https://youtu.be/ruElUiVoQPQ) demonstrate some quick techniques you can use while revising or during an assessment to help you stay calm and focused.

Use your SHU email address to [sign up](https://www.shu.ac.uk/wellbeing/register-for-support/togetherall) for Togetherall, and access a range of online courses to work through at your own pace. If you are struggling to get started with your revision and keep putting it off, the [Stop Procrastinating](https://v2.togetherall.com/courses/stop-procrastinating-and-be-more-productive) course could help.

Our [Study Problems](https://www.shu.ac.uk/wellbeing/topics/study-problems) webpage also contains lots of useful resources. You can take an online course on [goal setting,](https://v2.togetherall.com/resources/article/learn-skills/goal-setting) or look at some apps we recommend to help you plan your revision and your time. [Focus to Do](https://www.focustodo.cn/) is an app based on the Pomodoro Technique, where you commit to focusing for 25-minute blocks, with breaks in between. [Trello](https://trello.com/en-GB) is a project management tool can be used to help you plan your revision, track your progress and collaborate with others.

Our guide to [managing your studies and time](https://www.shu.ac.uk/-/media/home/wellbeing/files/managing-your-studies-and-your-time.pdf?sc_lang=en&hash=5535D4AFDE6D83965A110BA9304E13CD) also offers advice on setting up your workspace and creating a routine to help you balance your studies with other activities.

# Technology

Mindview is mind mapping software which is great for revision. Students have access to the software via AppsAnywhere on-campus. We also have a limited number of subscriptions for you to use at home. During the session we'll create a revision plan using Mindview and use it to create revision slides. Book a session:

* [Assistive Technology: Revising with Mindview (Windows Version), 7th December 2021, 3:00-4:30pm](https://unihub.shu.ac.uk/students/events/Detail/1255470/assistive-technology-revising-)
* [Assistive Technology: Revising with Mindview (Windows version), 17 December 2021, 1:30 pm - 3:00 pm](https://unihub.shu.ac.uk/students/events/Detail/1255479/assistive-technology-revising-)

# Skills Centre

**Live online sessions**

**Self-compassion for personal productivity**

An hour long practical, interactive online session with tips to encourage self-management involving a more self-compassionate approach.

* [Thu 9 Dec 2021](https://unihub.shu.ac.uk/students/events/Detail/1264507), 5:00 pm - 6:00 pm

**Focused Revision Time**

The aim of this session is to help clear your mind and get some focused revision done. The session will be 90 minutes long with approximately 60 minutes of this being dedicated to focused revision, working independently with your microphone off but leaving your webcam on. It sounds like a strange concept if you’ve never done it before but it does genuinely help give you a sense of working alongside others!

Book an upcoming session:

* [Tue 30 Nov 2021](https://unihub.shu.ac.uk/students/events/Detail/1258079), 4:00 pm - 5:30 pm
* Tue 14 Dec, 20201, TBC

**Virtual drop-ins**

Online drop-ins with members of the library team for instant answers to quick assignment and revision questions. Each session includes a member of staff from Academic Skills, Library & Information Skills, and Digital Skills, for 15 minute 1-1s, and there is no need to book in advance.

Drop-ins are every Wednesday in December 4-6pm. [Join the waiting room](http://bit.ly/library-dropin)

**Feedback seminars**

Feedback seminars are a great way of getting feedback on any practice plans or assignments you’ve written in preparation for your essay exams. These small group, collaborative sessions are held online and in-person, and you can book as a group with others from your course.

To book an upcoming session, use our [online calendar](https://libguides.shu.ac.uk/skillscentre/events/bytype#s-lg-box-15619794).

**Online resources**

If you can’t attend a live online session, we have a range of online resources that you can access 24/7:

* Recorded webinars (20 mins) on [exam revision tips](https://shu.cloud.panopto.eu/Panopto/Pages/Viewer.aspx?id=e56e0c3c-880c-4757-a851-ade800e2c6a8&query=revision%20tips) and [exam strategy.](https://shu.cloud.panopto.eu/Panopto/Pages/Viewer.aspx?id=1c13cf6b-7a57-4246-8459-ade8010b4b65)
* [Exams and revision study guide](https://libguides.shu.ac.uk/exams)

You can also access an interactive e-module on exams and revision from [Skills4Study](https://www.skillsforstudy.com/login) for free.

Good luck with your revision! If you have any questions about how the Skills Centre can support you, please don’t hesitate to email skillscentre@shu.ac.uk.

You can also [book space on campus](https://www.shu.ac.uk/myhallam/it-and-library/online-learning-on-campus#choose).