

EXAM ADVICE
FROM 5TH
YEAR NEURO
STUDENTS

For all you procrastinators out there (honestly who isn't one?), I know this is easier said than done, but one thing I do that majorly helps me manage studying and assignments is to start things earlier, but in little ways

It's hard to start early when that paper isn't due for ages or that exam is still 2 weeks away, but honestly, just doing a few little things can make the work load substantially more manageable

For example, if you have an essay due, open up the document and make your title page and get some general formatting stuff out of the way. Do this as soon as the essay gets assigned, seriously! Extract all the requirements for the assignment from the syllabus or assignment handout, make a heading for each paragraph, and start a running list of bullet points of stuff you might want to include. Eventually you can start to shape it into your actual essay, but in the very least doing these little things before the time crunch sets in helps get you thinking in advance about what you'll need to get the thing done, and also give you a much better sense of how much time you'll actually need to dedicate to it.

- Kate MacDiarmid

Taking study breaks is really important too and once again, it's in the little things! Sometimes when I'm studying I'll go through one lecture and when I'm done, I let myself have little snack and watch one episode of a Netflix show I like. Rewarding yourself in little ways while still setting limits allows you to unwind and practice some self care while still managing your time

I also want to touch on study spots. Experiment with different environments and see what works for you. Maybe you like some background noise, so coffee shops or places on campus that aren't quiet spaces might be for you

Maybe noise drives you crazy, so the silent study areas around campus like the library stacks might be for you. I often get better work done in a place with reasonably bright lighting, like the McCain Learning Commons, because the light makes me feel more awake and stimulated!

Make sure you find somewhere to work where you have a decent chair with good back support and a good work surface for your stuff, which will allow you to work for longer periods without your body feeling awkward or getting sore

- Kate MacDiarmid