**Keep Your Cool: Assessment Period**

We know that this assessment period is very different for everyone but there is still lots of support available to you, to help you keep your cool and do your best!

We've put together important information and our revision tips to help make sure you’re prepared!

**Revision Tip and Tricks:**

- **Find Your Perfect Study Space:**
  Create a set space and time for revision, finding, or creating, somewhere where you can focus on your work! You may need to talk to your family or housemates and ensure that you are not disturbed.

- **Stick to a Routine:**
  Setting up a routine can improve your motivation and productivity. Give yourself a clear start time; set a morning alarm, have some breakfast and great for the day!

- **Break it Up:**
  Feeling productive can actually improve your productivity. Break up your revision into smaller, manageable tasks. Write out your to do list and check it off as you go!

- **Work Together:**
  Connect with your course mates and set up online study groups on Microsoft Teams or Zoom. Help each other topics, share findings and hold each accountable. You’re in this together.

- **Play to your Strengths:**
  Consider how you learn best and plan your revision accordingly. Here are few examples:
  - Visual learners – mind maps, posters and colour coding
  - Auditory learners – reading aloud, recording lectures and listening to music
  - Physical learners – writing out notes, taking breaks to move around and listening to revision materials on the move

- **Reward Yourself:**
  It’s important to treat yourself when you complete a task or an assessment. Whether it’s your favourite snack, a walk outside or an episode of your favourite show.

- **Make a Plan: Revision Timetable**

Never miss a deadline, prioritise your tasks and plan in some all-important breaks with help from your revision timetable. Use our example below to help get you started:
Here to Help:

We know that exams can be a stressful time, and this year poses new challenges. As always it’s really important for you to take time to exercise, eat a well-balanced diet and get enough sleep to make sure your brain is getting everything it needs to perform to your best ability.

If you need extra support or someone to talk to, there is help at hand:

- The University Student Services are continuing to provide support and guidance to students via phone and email Monday to Friday, 09:00-17:00. If you would like to speak to an Adviser, please email advice@liv.ac.uk. For more information on the University support services available to you click here.
- All students have access to self-help modules online available through SilverCloud and Big White Wall.
- Our Advice team is on hand to give you the support you need and to answer your exam queries through their digital service. Book an appointment by emailing guildadvice@liv.ac.uk

University Safety Net Policy

The university have implemented a safety net policy to protect students’ academic marks during this period. Boards of Examiners will be considering the current situation across schools and departments when determining individuals’ year averages to mitigate any negative impact on students academic performance. More information can be found here and if you have any questions contact your department student support team or the Guild advice.

KnowHow

The library’s study skills programme is still available online. They have a range of study skill online modules, online workshops and their revision experts are on hand to give you advice.

Check out their top ten tips here

Good luck with your exams: look after yourself and check in on your friends. You’ve got this!