

EXAM REVISION TIPS

Fuel Your Body



Skip fatty foods and sugary snacks in favour of fruit and veg. They'll give the sustained energy you need. Keep hydrated with plenty of water too.

Move Around



It's proven that exercise reduces tiredness and stress and increases productivity. Taking a break to move around is great for your brain and your body.

Use the Clock



Get started early, don't make revision your whole day. Evidence shows shorter spells keep your concentration high, plan regular breaks.

Take a Deep Breath



Breathing exercises and meditation are great for reducing anxiety and stress. Download a free app or search YouTube for guided tutorials and breathe.

Reward Yourself



Find the right balance between study and leisure. Take a cinema trip with friends after a productive day of revision. Work hard but play a bit too.

Get Your Rest



A car doesn't run on no petrol and you don't run on no sleep. Give your body what it needs and get a good night's rest, especially the night before exams.

Let us know some of your exam revision tips

#QMULexams

Fasting for Ramadan?

Fasting during the exam period can be very difficult. It's important that you fast safely and keep yourself healthy. Here are some helpful tips from the NHS:

- Aim for a balanced diet
- Eat foods from all the food groups
- Limit sugary food
- Eat foods high in fibre
- Avoid deep-fried, high-sugar and high-fat foods
- Drink lots of water and avoid eating anything too rich.

Suhoor should be a wholesome meal that's filling and provides energy throughout the day. Pitta bread, salad, cereal (especially oats) or toast provide a constant release of energy. Make sure you get some vitamins too, fruit and fruit juice are good for that revitalising effect.

Open Iftar

If you're on campus please join us for Open Iftar on Thursday 17th, 25th and 31st May. It will be held in Library Square at sunset. There will be free food and everyone is welcome.

Find out more at faith.qmul.ac.uk/Iftar2018

ADD YOUR REMINDERS
