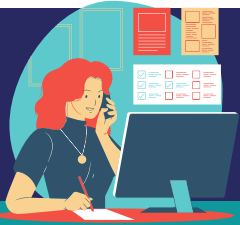


# BCA's

## Quick Guide to Exam Prep



# BCA



### 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

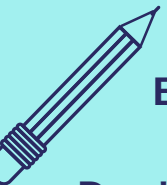
Do 25 minutes of work, followed by a 5 minute break, followed by 25 minutes of work, etc. Research shows that we can focus better with bite-size chunks of work, which may result in better information retention

### 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



British Chiropractic Association



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