



NTSU's Pocket-sized **Academic** **guide**

NTSU

NOTTINGHAM TRENT STUDENTS' UNION

Your Student Life



Contents

Your studies might be the reason you're here at NTU but at the Students' Union, we understand that come assessment season, they can seem a little overwhelming. That's why we've put together this guide. It's filled with useful tips, resources and advice to help you succeed.

Study tips	3
Revision schedule	4
Academic terms explained	5
Useful resources	6
Where to go for help	7



Study tips

Start early

Cramming just means you'll be more stressed closer to the deadline. Starting early is key to making sure you're prepared.

Make a plan

Speaking of prepared, making a plan is also a great way to take your studying to the next level. Plan what you'll be studying and when to help you avoid procrastination.

Take breaks

No-one can concentrate for hours on end so make sure you take regular breaks and get some necessary head space if you want to focus properly.

Sleep

Sleep is essential for proper brain function so making sure you get enough of it during assessment season is crucial. Cut down on the social commitments and make sure you get your 8 hours.

Eat well

Like sleep, eating proper food can be so beneficial for your brain function. Blueberries, eggs and almonds are all well-known brain foods so try and incorporate them into your diet where you can.

Try different ways of studying

Figuring out your study style can be a huge help when it comes to assessments. Test whether you work best writing things out, listening to them or looking at them visually and adapt your revision techniques accordingly.

Set goals

Whether it's the number of hours you study a day or a certain amount of words to reach by the end of the week, set goals so you have something concrete to work towards.

Practice past papers

If there are past papers available, use them. Try and set yourself the same amount of time as your actual exam too to see how you perform under pressure.

Ask questions

If you're struggling with something, don't suffer in silence. Ask a friend, lecturer or someone who'll be able to help sooner rather than later. There's always someone who'll be on hand to help.

Revision schedule

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



Useful resources

For organisation

[Evernote](#) allows you to keep all your notes in one place digitally and even sync them across devices

For productivity

The Pomodoro technique helps keep you in your optimum concentration zone, alternating 25 minutes of work with five-minute rests.

[Here's](#) a web app version keep on top of your rests and bursts of work.

For referencing

Haven't quite got your head around your references? [NTU's Referencing Guide](#) will tell you everything you need to know.

For relaxation

[Headspace](#) is an app that's designed to give your brain a break. Once you've done for the day, set some time aside and use it to relax properly.

Where to go for help



VP Education

Your VP Education is here to represent you any issues relating to your academic experience during your time at NTU.



twitter.com/ntsuvpeducation



facebook.com/ntsuvpeducation



vpeducation@su.ntu.ac.uk

Information and Advice Service (IAS)

Here are the Information and Advice Service, we offer free and impartial advice on everything from money matters to mental health and we're on hand to help with any academic issues you might face at Nottingham Trent too. Visit www.trentstudents.org/advice to book an appointment with one of our advisors.





NOTTINGHAM TRENT STUDENTS' UNION

Your Student Life

**For up-to-date info on all
our support services follow
us on social media**



www.trentstudents.org



[@trentstudents](https://twitter.com/trentstudents)



[/TrentStudents](https://www.facebook.com/TrentStudents)



[@trentsu](https://www.instagram.com/trentsu)

Nottingham Trent Students' Union, The Students' Union Building,
Shakespeare Street, Nottingham, NG1 4GH



**YOUR
SUPPORT**