

# Prepare for the upcoming exam season

**Your Personal Academic Tutor** – your primary point of contact who will provide advice and guidance for academic work and progress.

**Students' Union Advice Centre** – You are able to access The Advice Centre by visiting (located on Level 3, Building 40, Highfield Campus), emailing: [advice@unionsouthampton.org](mailto:advice@unionsouthampton.org) or calling Tel: +44(0)23 8059 2085. In addition, you can contact The Advice Centre to find out more about their regular Wednesday afternoon drop-ins.

**Residences Support Service** – available to help all student residents between **18:00 and 08:00** every day of the week, at all Halls of Residence sites.

**Enabling Services** – Enabling Service Drop In runs every day during term time from **13:00 – 15:00** in the small Atrium, in the Student Services Centre for assistance with wellbeing and study support.

The following workshops are available from Enabling Services to support you in preparing both before, and during exams. There is no need to register, just pop in to House 28 on University Road, 2 doors down from Building 37.

## **Mindful Fridays – 13.30 -14.15**

Mindful Fridays are an opportunity to practice mindfulness meditation in a small group setting, whether you practice mindfulness regularly or you wish to try it out for the first time.

### **Workshop - Keep Calm and Carry On**

**13:30 - 14:15, 7 December 2016**

Learn to develop ways of managing the symptoms of stress effectively, and find different techniques for reducing stress, and how to gain more control.

### **Workshop - Revision and Memory**

**14:30 - 15:15, 7 December 2016**

Learn strategies and practices to enhance revision skills and help you tackle those exam questions.

### **Workshop - Exam Preparations and Techniques**

**14:30 - 15:15, 11 January 2017**

This workshop will equip students with top tips for preparing for exams, as well as helpful techniques to tackle those exam questions.

### **Workshop - Managing Exam Anxiety**

**13:30 - 14:15, 11 January 2017**

Exam stress is very common amongst students. By understanding how stress affects our bodies, thoughts and behaviours, we can begin to develop ways of managing the symptoms effectively.