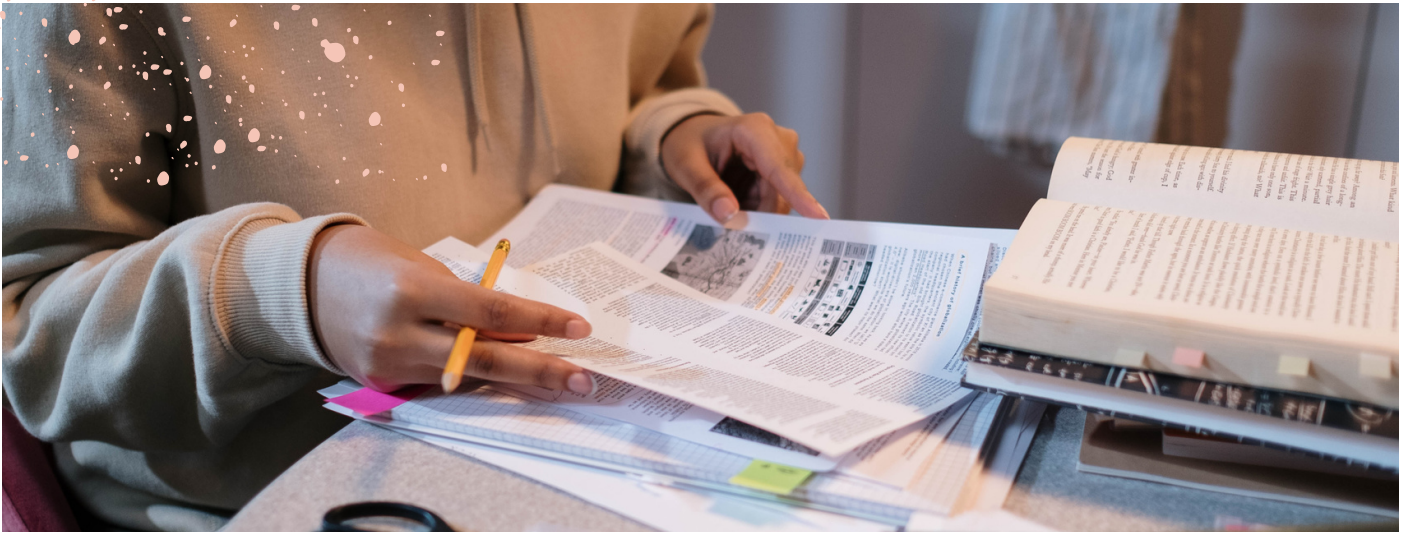


Monthly Newsletter

**KAPLAN DIGITAL
PATHWAYS**

July 2024



Exam Success: Tips for Managing Stress and Staying Positive

As our journey together draws to a close in a few weeks, we just wanted to let you know how privileged we feel to have been a part of your amazing journey.

But wait, the adventure isn't over yet - we've still got exams ahead of us! How are you feeling about them? Ready to conquer the world, a bit anxious, or just plain happy they're almost here? No matter how you're feeling, we want to assure you that we have complete faith in your abilities. You've come this far and we believe in you - you've got what it takes to succeed! Here are some tips to help you crush those exams:

1. Set Up a Study Schedule:

Make a plan that covers all your subjects, focusing more time on the trickier topics and taking regular breaks to avoid burnout.

2. Find Your Happy Place:

Pick a quiet, cozy spot where you can zone in without any distractions. Whether it's the library, a coffee shop, or your own room, make sure it's a conducive environment for intense study sessions.

3. Mind Your Mental Health:

Exams can be stressful, so it's super important to manage your stress levels. Try out relaxation techniques like deep breathing, meditation, or yoga. And if things get overwhelming, don't hesitate to reach out to friends, family, or Student Services for support.

4. Keep that Positivity Flowing:

Believe in yourself and stay positive. Confidence has a massive impact on your performance. Just remember, preparation is everything, and you have all the skills and knowledge needed to succeed.

We're here to back you up every step of the way. If you need extra resources or a helping hand, don't hesitate to get in touch with College Services. We believe in you and wish you nothing but the best in your exams!

And remember, these tips are just the beginning - check out this issue for more study tips shared by your tutors. Good luck, and I'll see you on the other side!

-College Services Team



Revision Tips from Kaplan Expert Tutors

Revising for your exam can be a long process. While you are working towards the dreaded exam date, you may struggle with your motivation, and confidence while searching for any opportunity to procrastinate rather than study. It is common to feel overwhelmed or stressed when it comes to revising for an exam or learning new material, especially when studying online. However, with advice from our expert tutors in the Academic Support Team, you will start to feel much more confident about your exam.

Active revision versus passive revision

Reading your study manuals from back to front and front to back many times without revision is an ineffective way to prepare for the exam. This is called 'passive revision.' Technical knowledge is just the starting point.

The real exam will test you on how you apply the technical knowledge to different scenarios presented in the form of exam questions. As such, just reading through your materials is not the best way to revise.

The most effective way to revise is through question practice no matter how hard the questions might be. This can be considered as 'active revision.' The more you can engage your brain in question practice, the better you will remember things and then the better you become more accustomed to exam-style questions.

Manage your time effectively

Avoid study sessions that are too long. The human brain can only concentrate for a certain period, so revision sessions for 1-2 hours are much more effective than sitting down to study for four hours.

Exercise regularly

Physical exercise stimulates the brain, improving your concentration levels and elevating your mood. Ultimately, this can reduce exam-related stress. So, when you sit down to study and feel that you can't concentrate, try to partake in some physical activity - go for a run, walk or do some yoga so that you can clear your brain and concentrate better.

Topic/question spotting

The biggest factor behind exam anxiety is not knowing what questions or topics will come up. As a result, many learners fall into the habit of topic or question-spotting. This is a very dangerous activity when it comes to revising!

Topic spotting is only attempting to revise the topics or questions that you find easier, thus potentially giving yourself a false sense of security. You need to cover the whole syllabus, including (if not especially) the difficult topics.





The Night Before the Exam

It is easy for learners to fuel the 'exam eve' with caffeinated drinks to the detriment of a good night's sleep. If you haven't covered the syllabus, trying to do it all overnight is as impractical as it is dangerous. Getting little sleep can increase your levels of anxiety, and you will also want to feel refreshed and ready to sit the exam in the morning.

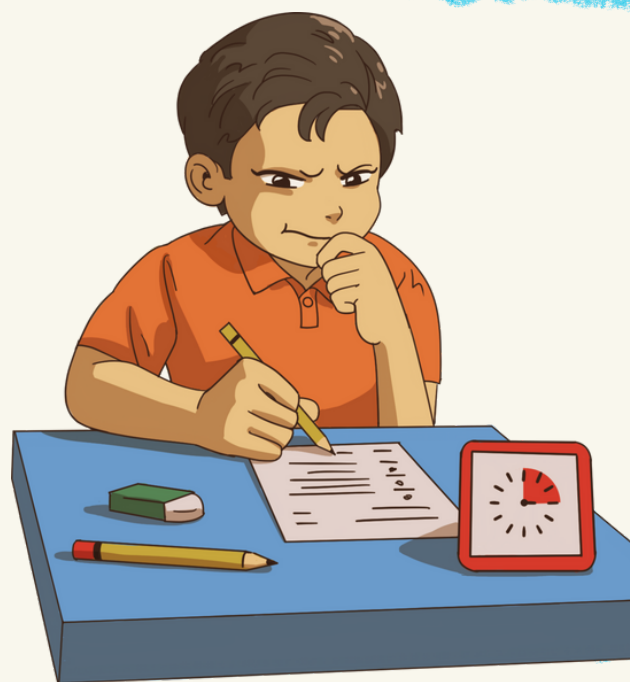
Instead, plan your revision, look over the last bits of knowledge gaps or trickier topics, and get enough sleep the night before. Aim to wake up the next morning earlier, remember to eat breakfast and have some water. You'll thank yourself for it later.

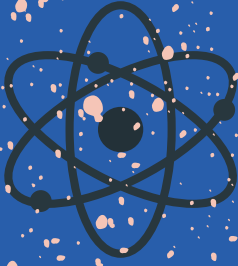
Reward yourself for your hard work!

by Neil Da Costa

Chelsea loves travelling so she planned trips after her exams to motivate her. In the run-up to the exams, where she spent every free minute studying, she did not feel like she was missing out as she knew she could relax after the exam. This enabled her to give 100% of her effort into passing the exams.

Exam Tip: What are some of the places you would like to visit in the world? It might be a city break or a relaxing beach holiday. Spend some time planning a trip to reward yourself for passing your exams and you will find it easier to get motivated to study.





Proverb of the Month

“Every great story on the planet happened when someone decided not to give up, but kept going no matter what.” – Spryte Lorian

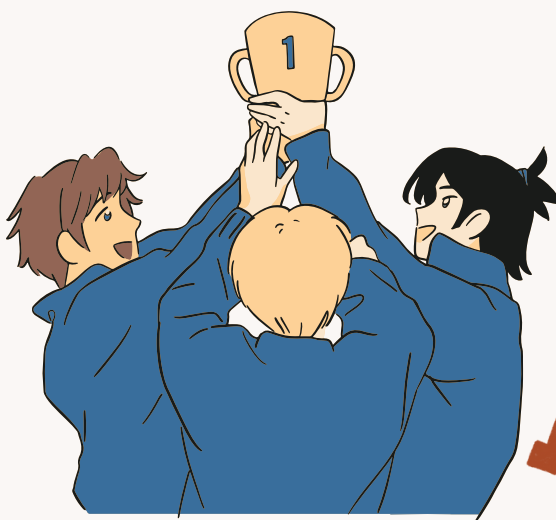


Study Tip 101

Make time to relax

Studying online comes with an increased sense of responsibility – after all you have invested a lot of time, money and effort in your course. At the same time, without your usual support network of family and friends, social distractions can be fewer. In these circumstances, it can be tempting to spend all of your time studying. But remember that you need time to rest. Whether it's simply going out to see a film or to enjoy a walk alone, or joining with other students to visit local attractions or to have a meal, always make sure you set aside time to unwind.

TRIVIA TIME WINNERS



Our Trivia Time, held from June 10th to June 17th, 2024. This incredible event offered students a unique opportunity to connect with their peers and forge new friendships. The week was packed with fun, learning, and chances to win awesome prizes. Let's give a big shoutout to the victors from the University of Birmingham and the University of Nottingham.

Huge congratulations to all of them!

University of Nottingham Winners

- Yang Zhao **1st place**
- Bo Wu **2nd place**

University of Birmingham Winners

- Ming Ding **1st place**
- Jinhao Huang **1st place**

Active Participation Award

- Weizhe Feng
- Zhou Qian
- Huaying Ding

Upcoming Events



Graduation ceremony



22nd July

2024

Join us in celebrating your academic journey with your peers and other members of staff. We look forward to celebrating your accomplishments and wishing you well as you embark on your future academic journey.

Get ready for other events in August 2024 to meet with students progressing to the same university and course as you.

Keep an eye on your inbox!





Thank you for reading!

See you in August!

DO YOU WANT TO BE A
PART OF THE AUGUST
EDITION?



Then, send your submissions to >>>

Do you want to share your
ideas, stories and great work
with the Kaplan Community?

oluwasewa.besidonne@kaplan.com

