

Top tips for exams

One of our students, Sarah, gives us the lowdown on surviving exams.

As a student, exams are inevitable: some courses only require in-term coursework, but most have a final exam to test your learning through the semester. As a fourth year I've gone through many exams and have developed my ideal system for dealing with them. This is my list of top tips for exams, based on what has helped me through these four years.

Revision

There is no denying that revision is stressful, especially when exams are early or come closely together. What comes first is figuring out where you can revise best. I personally like to find a good café where there is some background noise and lots of coffee and snacks, however, others might prefer the library, various other university buildings, revising in accommodation, or revising from home. Even if you prefer to move around to revise, I'd recommend finding some reliable spaces where you can work well and sticking with them.

Once you've found your revision space, the work itself is the next step. Over the years, most of my courses have been composed of a number of different and distinct topics, with exam questions relating to these individual topics. It's usually best to revise a few of these topics rather than the entire course, to build greater depth of knowledge in particular areas. Always make sure to ask your lecturer for advice on how to best revise, and how many topics you should learn for the exam.

Relaxation

Revision is important, but you should also allow time to relax and wind down. I have a bad habit of overworking and getting

very stressed, particularly with essays and exams, and have had to force myself to stop working after I've done a certain amount or if it's getting too late in the evening. In exam time you have to take care of yourself – eat well, don't overdo the coffee, make sure to get enough sleep (I've found apps like Sleep Stories and Slumber are good for distracting me from overthinking), and try not to overdo it. Make time to talk to your friends and flatmates, as they'll all be feeling the stress too. It's important to get work done, but it's just as important to keep yourself feeling OK, relieve some stress, and remember, especially, to take a break after an exam if you have another soon after. It's good to do well but not if you're sacrificing your physical or mental health to do so.

In the exam

The next step is the exam itself. Always remember to take plenty of pens, a highlighter can be useful, and definitely remember a watch in case your seat doesn't have a clock nearby. Take your time and read the questions carefully (everyone tells you to do this but it's definitely important!), and try to decide on both essay questions early so when you go back to the second your brain has had a chance to come up with an answer. Before writing, it is always useful to sketch out a plan – even just a basic structure for the answer – that you can go back to when you are writing, to help yourself out later. With two hours for two essays, I take five minutes for each essay to plan its structure, then around ten minutes per paragraph, and any spare time to reread my answers. This may not work for some, but it has done well for me so far!

The Talbot Rice Gallery: A hidden gem



How many Universities can claim to have a world-class gallery as part of their campus? Student Ambassador Osanna visits Edinburgh's, the Talbot Rice Gallery.

I cannot remember which I fell in love with first: classical art or contemporary art. Though I have chosen to study Classics, I have maintained a great interest in contemporary art. After all, contemporary art often draws on historical themes and artistic styles, and challenges how we see and study them.

Barely two minutes away from the HCA building (the William Robertson Wing) is the hidden gem that is Talbot Rice Gallery, the University's contemporary art gallery. Part of the University's famed picturesque Old College, the gallery includes its own Georgian hall, which has been transformed into a cinema for the current exhibition.

I had recently began volunteering at the gallery as an Information Assistant, and I was exceptionally excited about the new exhibition, displaying the works of video artists Rachel Maclean and David Claerbout.

I believe myself destined for this post, as I have happened

upon Rachel Maclean's exhibitions not once, nor twice, but THREE times in three different cities (Edinburgh, Manchester, and Venice). Edinburgh-born Maclean is a graduate at our University and had recently represented Scotland at the *Venice Biennale*. It is an understatement to say I admire her deeply. Her work currently on display is titled *Spite Your Face*. It is based on the 19th century tale of *Pinocchio*, yet its message is evidently modern, reflecting on the questionable reliability of politicians, consumerism, and the media. Placed in the context of Brexit, controversial presidential issues in America, and ongoing battles for rights around the world, Maclean's work is an honest, if brutal portrayal of the darker sides of society. It is vivid, dynamic, and begs reflection, and viewers are unlikely to forget it in a hurry.

I had never before encountered David Claerbout's work, and I was indeed in for a pleasant discovery. The pieces on display were very different from Maclean's work, but compliment it wonderfully. Claerbout's work centers around exploring space and time. One particular piece which caught my attention is named *Radio Piece (Hong Kong)*. I do not wish to ruin the piece for you, as I believe one should be able to experience it however they wish. But as someone from Hong Kong, I believe it reflects the feeling of being entrapped within a clustered space, both physically and mentally, and reflects consciousness of Hong Kong's colonial history and how it still affects us today.

I volunteered at the exhibition on its preview night and was overwhelmed by the influx of eager viewers. I was initially nervous, but quickly found my feet with help from a fantastic team of volunteers, who are also mostly students from the University, and a group of helpful gallery staff. It was truly a rewarding experience, and I was very glad to be able to witness it.

But the best was yet to come! After the preview, I recognized, swarmed by enthusiastic viewers, the artist Rachel Maclean

herself! Like any fangirl, I could barely contain myself, but was too shy to approach her. After much chickening out and a lot of encouragement from my new friends at the gallery, I finally managed to greet her. She turned out to be the nicest, most approachable person one could possibly meet. I shook her hand, and muttered something unintelligible, which she somehow responded positively to. I managed to get a photo with her, which concluded perfectly a fantastic and fulfilling evening.



Osanna and artist Rachel Maclean

The opportunities for cultural enrichment and volunteering at the University of Edinburgh are fantastic and I cannot recommend them enough.

(The exhibition runs from 24 February 2018 – 5 May 2018)