



Newsletter

Issue 3 4/4/2022

Time to focus

Exams are not for everyone, some people thrive in exams, others do not, but the one thing you need to remember to do, is to keep things in perspective. Your exam is just one component of your assessment. Your exam result won't define you, or the overall grade you achieve. That said, preparation is key, and now is the time to focus.

This issue of the newsletter will support you in your preparation for sitting your exams, providing you with helpful information, guidance, and advice. We have also included some Easter craft and activity ideas for children, and for adults to indulge in too, when taking a break from your exam study and assignment writing this Easter.

- Information and signposting to support you in preparing for exams.
- Graduation; celebrating the class of 2022!
- Recommended good listen.
- Top tips to getting started with your academic writing.
- Liverpool Hope's careers and employability survey.
- Postgraduate study, and equivalency courses.

"Never do tomorrow what you can do today. Procrastination is the thief of time." Charles Dickens 'David Copperfield'

Preparing for your exams

The first thing you need to remind yourself is that you can do this! We're all familiar with that dreaded feeling of walking into an exam hall and forgetting everything you've learned, but you'll always remember more than you think you know. If you've revised well, you'll find it easier to retrieve the information when you open the exam paper and see the questions.



Roshan Singh, an experienced Support Tutor and the HE Study Skills Lead at Holy Cross University Centre, provides some helpful advice and guidance on how to approach revision and sitting exams.

The key thing to remember is that your university lecturers want you to succeed and do well. Doing well in exams is something that can be achieved by adopting a positive approach and developing certain techniques for revision and sitting the exam. Everyone will have a different way of revising and

approaching their exams. If you have not already started revising, now is the time. *Don't procrastinate by doing everything else but the one thing that you should be doing.* There is no right or wrong way to revise, any way that you find suitable is far better than not revising at all. The fact that you go through the process will build your confidence and help alleviate stress and anxiety.

Some of our Top Tips

Planning your revision

- Create a timetable that is realistic.
- Revise in short blocks, ideally 30 minutes with 10-minute breaks.
- Rather than just reading and re-reading your notes, engaging with the text (for example making flash cards or mind maps) is far more effective.

Sitting the exam

- When you arrive avoid any student that may transfer their stress to you.
- Read the question carefully and underline key words, then spend the first few minutes making a plan.
- Divide the time appropriately between questions and leave 10 minutes for the end to check over your work.

Developing revision strategies

Liverpool Hope have provided useful [revision tips and links](#) to help you prepare for your exams. Top resources include [exam guides](#) and [managing unseen exam questions](#) alongside top tips from the Open University on how to effectively use [index cards](#) to help you summarise information.

Throughout May, the Academic Skills Team will be running a series of exam and revision skills webinars. Click [here](#) to book your place.



Celebrating the class of 2022!

Louise Green, a Support Tutor at Holy Cross writes about the March Graduations at Liverpool Hope.

The Director of Holy Cross University Centre, and Support Tutors attended the recent graduation ceremony at Liverpool Hope, which truly is a special event. Due to the pandemic, the University has had to postpone these ceremonies with students graduating in absentia and participating in virtual ceremonies over the last couple of years, so it was wonderful to be back in attendance this year.



Graduation allows you to brush away the stress of years of hard work and celebrate with the people who have been on this journey with you. Final year students, think about how far you have come and what you have achieved. Imagine yourself at your graduation ceremony in July and how proud you will feel... the end is in sight; you can do this!

*"Nothing is impossible. The word itself says 'I'm Possible.'
Audrey Hepburn*

Good Listen Guide



Jo Lewis, Network of Hope Education tutor and Head of Year for Level I and H Education students at Liverpool Hope University, provides this issue's recommended good listen from BBC Radio Four.

Joan Bakewell and a panel of experts present [Inside the Ethics Committee](#), tackling the ethics involved in a wide range of complex ethical scenarios such as, end of life care, homelessness and pregnancy, withdrawing feeding in children and many more issues linked to your subject combinations.



Exam Wellbeing

Stay positive and motivated throughout your exams. [Click here](#) to find out how mindfulness and breathing techniques can help you to calm your nerves before exams. There are top tips to help you find your revision mojo, and info on how certain foods will fuel your brain, increasing your workflow and brain power!



Academic Writing

Whilst the focus of this issue is preparing for exams, we're aware that you'll also be working on submitting your written assessments and we thought it would be helpful to provide some guidance on academic writing. One of the main stumbling blocks when starting a piece of academic writing is getting started.



Jo Lewis, Network of Hope Education tutor and Head of Year for Level I and H Education students at Liverpool Hope University, shares her top tips on [how to tackle getting started](#) and [getting the most out of journal articles](#).

The Ed Stu

Take a look at the latest edition of Liverpool Hope's Education Studies student newspaper, [The Ed Stu](#).

You will see some fantastic journalism from students in Education. The latest edition, which is not to be missed, includes some important insights on [democratic teaching methods in education by Kym Bardsley](#), who is a second year Education and Health and Wellbeing student at Holy Cross. There are articles on homophobia in the press, exclusions in England, the Family Nurse Partnership, public schooling and ICT usage in schools in Nigeria, so get reading!



If you would like to contribute a piece to the next edition, please contact Rosie Germain at germain@hope.ac.uk. All ideas are welcome, and a diversity of topics encouraged.



Easter craft and activity ideas for children and adults

Visit the [BBC Good Food](#) website for their top ten projects for children and adults alike to enjoy, including homemade bird feeders, salt dough decorations, paper pinwheels, and some fun non-edible Easter gifts too!

[Visit Manchester](#) lists interesting places to visit that don't cost a fortune. Click [here](#) to find out about all the free things to do and places to visit in Manchester and Greater Manchester over Easter.

[Calm Ahoy Kids](#) provide some fun, calming Easter activities that you can enjoy with your children, when they may need to take some time out to relax their bodies, calm their minds and manage their emotions.

If you're looking to create a beautiful hanging basket this Easter, [Topline](#) provide the ultimate beginner's guide to help you along with a list of top hanging basket plants for each season.

Next Steps

Career Talks

As you'll be aware from the last newsletter, Holy Cross University Centre is presently working with the Careers Service at Liverpool Hope to develop a range of opportunities for you to explore and plan your next steps towards your career goals and aspirations.



Please do take the time to complete the short survey [here](#) and let us know what you would like your careers and employability support to include, at each level of study, and how you would like to access this.

In the meantime, take advantage of Liverpool Hope's range of careers resources available to you by accessing the Careers tab on Liverpool Hope's home page and clicking on My Career Centre.

Postgraduate Study

As a final year degree student due to complete your degree, you may still be undecided as to what to do next.

If you're interested in studying for a Masters, why not join one of [the Masters Information and Application Writing Session](#) Liverpool Hope University are running for Level H students, on the 1st, 5th and 7th of April?



Sessions are designed to find out about the range of courses on offer, the application process and available funding opportunities for postgraduate study. Click on the Zoom link [here](#) for the sessions below, using Meeting ID: 876 2261 8974 and Password: 529031

*"Trust yourself, you know more than you think you do."
Benjamin Spock*

Equivalency Courses

If you are interested in applying for the Primary or Early Years PGCE at Edge Hill University and don't have the GCSEs or Level 2 qualifications required for entry, their online [equivalency programmes](#) may be for you.

Courses start the week commencing 25th April and are designed to meet the entry requirements for GCSE English, GCSE Mathematics and GCSE Science at Grade C or Grade 4 or above.

