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Nota di contenuto	CONTENTS Preface and acknowledgements How to use this book Introduction 1. Succeeding in exams and assessments understanding the processes involved in revision and exam-sitting What markers are looking for 2. Assessment at university - How tests and examinations work Physical & mental preparation 3. Physical and mental preparation How to gear up for assessment and exam-sitting Study styles 4. Your learning personality - How to identify and capitalise on your preferred learning style 5. Studying independently - How to organise yourself and develop good study habits 6. Study buddies - How to work with fellow-students to improve the revision experience Time management 7. Time management - How to balance study, family, work and leisure when studying and revising 8. Creating a revision timetable - How to get yourself organised for exam study Revision strategies 9. Focussing your preparation - How to make full use of learning objectives, past papers and other assessment information 10. Exploiting feedback - How to understand and learn from what lecturers write on your work 11. Consolodating your learning - How to revise effectively through active learning 12. Memory tips and techniques - how to develop tools and strategies to help remember information and ideas Stress Management 13. Dealing positively with stress How to cope with the pressures of university life 14. Combatting exam nerves - How to reduce anxiety

and perform well under pressure As the exam approaches 15. Exam strategies - how to ensure you have the appropriate tactics 16. Improving your exam performance - How to avoid common pitfalls Tackling specific types of exam and assessment 17. Multiple-choice and short-answer questions - How to tackle short-answer formats 18. Numerical questions - How to approach quantitative problems 19. Essay-style assessments - How to maximise your marks 20. Tutorial Assessment How to make your contribution count 21 . Assessments of practical and laboratory work How to improve your marks References and further reading Glossary

Sommario/riassunto

This book provides everything students will need to prepare for and perform well in all types of university assessment and examination.
