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Autore	Mcllroy David
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Sommario/riassunto	Does anxiety stop you doing well in exams? Do you lack confidence or the skills for successful revision? Doing well in exams is one of the biggest challenges students face at University, and is crucial to getting a good degree. This essential guide will equip you with all the tools you need to optimise your performance in exams. Packed with examples and practical exercises, the book explains key strategies for learning and revision, including: - Problem-Based Learning and Critical Thinking - Confidence and Motivation - How to Revise - Exam Technique