

1. Record Nr.	UNINA9910785092403321
Autore	McIlroy David
Titolo	Exam success [[electronic resource] /] / David McIlroy
Pubbl/distr/stampa	London ; ; Thousand Oaks, Calif., : SAGE, 2005 London ; ; Thousand Oaks, Calif. : , : SAGE, , 2005
ISBN	9780761951652 1-4462-3249-2 9786611362195 1-281-36219-0 1-84860-076-3
Descrizione fisica	1 online resource (188 p.)
Collana	Sage essential study skills
Disciplina	378.170281
Soggetti	Universities and colleges - Examinations Study skills
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. [174]-175) and index.
Nota di contenuto	Contents; Introduction; 1 Overview; 2 Learning Processes and Preferences; 3 Motivation: The Dynamics for Achievement; 4 Confidence Building Measures; 5 Turning Test Anxiety to Advantage; 6 Memory Techniques and Learning Principles; 7 Revision; 8 The Exam; 9 What Examiners Look For; Appendix; References; Index
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