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| Descrizione fisica      | 1 online resource (188 p.)  |
| Collana                 | Sage essential study skills   |
| Disciplina              | 378.170281  |
| Soggetti                | Universities and colleges - Examinations<br>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 |