

Email 5: preparing for Exams/Assessments

Things to include:

- Top suggestions for making sure you're being kind to yourself (taken from Session 5 discussion).
- Reminder of [Effective Learning Strategies](#) resource from email 3/session 4.

Useful services:

- Point to [Student Learning Development](#) for help for 1:1 appointments, workshops and online resources.
- Reminder of the [range of supports available from SCS](#).

Useful resources:

- [Trinity in 12 Weeks](#)
- [Trinity Exam Guidelines](#)
- Link to [past exam papers](#)
- [Goal Setting](#) – interactive resource to be discussed at next timetabled session