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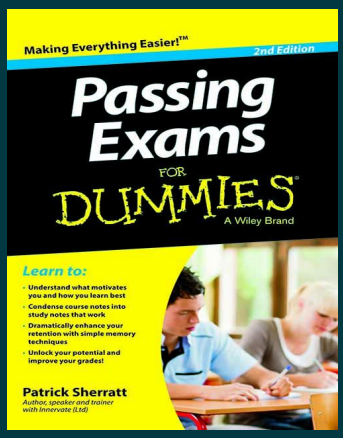

Passing Exams for Dummies, 2ed

By Patrick Sherratt

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Description

Improve your memory, manage your time and control your anxiety with this essential guide

Do you panic at the thought of exams? Do you think you're just not the academic type? No matter how old you are, exams can be stressful -- but they don't need to be. This essential guide provides expert tips on how to change your mindset, improve your learning, control your anxiety and get good marks -- whether you're studying at school, college, university or as part of career exams.

Change the way you think about yourself and study - become an A-grade student through finding out what motivates you and how you learn best

Explore the power of relaxation - from making your brain more receptive to incoming information to coping with exam pressure and anxiety

Review your notes -- set your intention for revision and improve your reading techniques

Use basic mnemonics to improve your memory -- from mapping your notes to using rhymes, music and flash cards

Rehearse exam recall and performance -- visualisation skills for mentally and physically rehearsing passing your exams

About the Author

Patrick Sherratt

Patrick Sherratt teaches and facilitates training in meta-cognitive (learning how to learn)

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