

## Links for exam preparation and revision podcast.

### Getting into the right mindset

- (Kelly McGonigal: How to make stress your friend | Talk ...  
[www.youtube.com/watch?v=RcGyVTAoXEU](http://www.youtube.com/watch?v=RcGyVTAoXEU))
- Useful information on insomnia:  
<http://www.lboro.ac.uk/departments/ssehs/research/behavioural-medicine/clinical-sleep-research-unit/informationforpeoplewithinsomnia/>
- Headspace: <https://www.headspace.com>,

Headspace is a gym membership for the mind. A course of guided meditation, delivered via an app or online.

- A variety of free relaxation podcasts can be found on:  
<http://www.mentalhealth.org.uk/help-information/podcasts/>
- CBT website, Centre for clinical interventions, workbooks : Put off Procrastinating, what me worry?; Perfectionism in Perspective.  
[http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=46](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=46)

### Planning and revision

- Past papers via OXAM, in Weblearn - <https://www.ox.ac.uk/students/exams/>
- Marking schemes – in Handbooks –  
<https://www.ox.ac.uk/students/academic/undergraduates/handbooks/#d.en.20057>

### General helpful links/references

- “The study skills handbook” by Stella Cottrell
- “Passing exams without anxiety” by David Acres
- “How to Pass Exams Every Time” by Mike Evans