

Run For Students, By Students

THE EXAM GAME PLAN



**LA TROBE STUDENT
UNION EXAM
SURVIVAL GUIDE**

SUPPORT SERVICES

ASK LA TROBE

📞 1300 528 762

F2F Book www.latrobe.edu.au/student/ask-us/contact

ASK La Trobe can help with accepting your offer, enrollment, timetables, student systems, fees and financial support, exams, results, graduations, international student issues and more.

COUNSELLING

📞 03 9479 2956

✉ counselling@latrobe.edu.au

La Trobe's Counselling services provide free and confidential short-term counselling for La Trobe University students.

STUDENT IT SUPPORT

📞 1300 528 762

F2F Available in Bundoora Library

Student IT Support can assist with any issues you are experiencing with La Trobe University Systems.

LA TROBE ADVOCACY

📞 9479 6663

✉ studentadvocacy@latrobe.edu.au

Can help students to understand their situation and discuss available options, understand University Policy and Procedures, prepare written submissions/letters; and attend hearings and meetings with students as a support person

A MESSAGE FROM YOUR REPS

Hey everyone!

We know exams can be one of the most stressful times of the semester, so we've put together something special to help you power through. Our Exam Survival Fortnight is packed with everything you need to stay calm and focused. We'll be giving away survival packs filled with snacks, energy drinks, fidget toys, stickers,

and other little goodies to help you recharge and stay motivated.



We're here to remind you that you're not alone, your Student Union has your back!

Take some time to rest, focus, and treat yourself while

smashing those exams. We believe looking after your wellbeing is just as important as hitting the books.

You've got this, and we've got you!

Amelia Sevier
2026 LTSU
President

Maali Kerta-Rice
2025 Education
VP & incoming
2026 President

EXAM STUDY TIPS

START EARLY, TRY NOT TO CRAM!

Studying is like baking a cake: you can't just throw everything in the oven at the last minute! Start studying early to let your knowledge rise nice and fluffy. Cramming is like trying to microwave a frozen pizza—disaster waiting to happen! Give yourself time to savor the material and enjoy the process.

TEST YOURSELF

Testing yourself is like playing a fun game with your brain. Grab some flashcards or quiz a friend—think of it as a friendly competition!

FIND A STUDY SPACE

Find a space that's just for studying! Head to the library and get a private study room where you might not be as distracted as in your bedroom where you suddenly have to reorganise your whole room! Right! Now!

USE CONCENTRATION TACTICS

To keep your focus sharp, try the Pomodoro Technique. It's not about growing tomatoes, I promise! Study for 25 minutes, then take a 5-minute break—like a mini victory lap! Treat yourself to a snack or a quick dance party.

EAT AND SLEEP WELL

Feed your brain like it's your favorite pet! Healthy snacks like fruits and nuts will keep you energised, while sugary treats can lead to a crash! And don't forget sleep! A well-rested mind is like a superhero ready to conquer those exams!

WHAT'S COOKING ON CAMPUS

FREE FOOD

WHAT	Halal, Gluten free, Vegetarian and Vegan options available
Monday	Sweet Muffins, Scrolls, Slice
Tuesday	Breakfast Burritos
Wednesday	Breakfast Burgers
Thursday	Quiches, Croissants, English Muffins, Muesli
Friday	Paella

WHEN 11AM - 1PM

WHERE The Agora

Celebrate the end of exams with our free food options in the Agora. With a mix of many options everyone will leave satisfied! Our treat to you!

Enjoy a delicious selection of complimentary bites as a way to relax, refuel, and mark the end of another exam season. It's the perfect chance to unwind, enjoy some good food, and celebrate all your hard work!

Congratulations, enjoy your break!

DE-STRESS ON CAMPUS

FREE MESSAGES

WHEN 11AM - 1PM
19th - 23rd Oct

WHERE The Agora

Free head/neck/shoulder massages - a simple way to say you've earned it and encourage some well deserved self-care before jumping back into routine.

FREE COFFEE

WHEN 11AM - 1PM
19th - 23rd Oct

WHERE The Agora

Celebrate exam season with free coffee in the Agora! Whether you need a caffeine boost to power through your next study session or a little pick-me-up between exams, we've got you covered. Our treat to you!

