

## What CIT Students Told Us Brought Them Success for Exams

I practiced relevant questions on the past exam papers. You can find these at <https://library.cit.ie/supports/examination-papers>

First year student, Social Care.

I went to the free classes run by lecturers in the Academic Learning Centre, D259. Visit <https://studentengagement.cit.ie/alc/timetable>

First year student, BB Administration.

I made a realistic, balanced study plan with my Academic Success Coach. Make an appointment by emailing [academicsuccesscoach@cit.ie](mailto:academicsuccesscoach@cit.ie)

Second year student, Business Studies.

Group studying in a Library Study Hub with my peers really made a difference for me. You can book one at <http://libcal.cit.ie/rooms.php?i=14692>

First year student, Marketing.

I had a session with my Academic Success Coach and I felt way more motivated to perform to my best ability. Book a session online at <https://studentengagement.cit.ie/asc/book>

First year student, Biological Sciences.

I used the grinds that are advertised on the Students' Union webpage at <http://www.citsu.ie/grinds-listings>

Second year student, Tourism Management.

I make sure to keep a healthy routine by drinking lots of water and having good quality food and sleep

First year student, Nutrition and Health Sciences.

**Academic  
Success**  
— Coaching —

Prioritizing my study effectively

First year student, Beverage Industry Management.

Positive thinking

First year student, Architecture.

Spending less time on social media, Netflix, gaming etc.

First year student, Mechanical Engineering.

Not overworking in my job

First year student, Agriculture.

Seeking help

First year student, Analytical Chemistry with Quality Assurance.

For further information on any of the above, make an appointment with an Academic Success Coach by emailing [academicsuccesscoach@cit.ie](mailto:academicsuccesscoach@cit.ie) or visiting <https://studentengagement.cit.ie/exams>