

Exam preparation and advice for students observing Ramadan

The dates of the Islamic holy month of Ramadan vary each year. During this period, we understand that it may be a little harder than usual to concentrate. The combination of long days with the possibility of warmer weather may put extra pressure on you. If you are observing Ramadan, it is important to consider the impact it may have on your preparation and revision for exams.

In response to this, we have put together some tips to help you prepare for your exams.

Plan

Plan your own schedule as far in advance as possible, so you can organise your revision, rest, daily exercise, prayer, and meals in the most efficient way possible.

Rest

Ensure you are as well rested as possible. Although fasting can make you feel lethargic, getting as much sleep as possible will help you manage this.

Suhur (pre-dawn meal) choices

Try to make good food choices when eating a suhur. Slow energy release food such as grains, oats, beans, and protein, are recommended as well as maximising your fluid intake. Staying hydrated is vital to your health, wellbeing and cognitive performance. If you experience headaches or drowsiness, this could be a sign of dehydration. Therefore, ensure you adequately hydrate before you fast and rehydrate when breaking fast.

Exercise

Limit physical exertion. Where possible stay indoors or in the shade and limit your daily physical activity.

Evening meal options

Try to eat a healthy, balanced evening meal with plenty of water. Getting the required nutrients by concentrating upon foods rich in complex carbohydrates, fats and protein, fruit and vegetables will support your energy levels. Again, planning for this is important to maintain good health.

If you feel that observance of Ramadan has had a significant adverse impact, our Extenuating Circumstances Policy and Procedure allows you to inform your faculty of circumstances which may have affected your performance in an exam or assessment.

<https://www.gre.ac.uk/student-services/support/extenuating-circumstances>

For more general information about please visit

[Examination FAQs | Student Services | University of Greenwich](#)

A portal announcement will be made when your timetables are finalised. You can find out when you will be taking your exams by logging into the Student Portal and clicking on the 'Timetable' quick link at the top of the page, select 'My Timetable' and the weeks in which the exams are being held or alternatively use the Mobile App.

For support on Student Health & Wellbeing please visit

<https://www.gre.ac.uk/student-services/support>

[8 tips for managing exam stress, and where to find more self-help resources | Articles | University of Greenwich](#)

The Muslim Council of Britain has guidelines, advice and signposting to a variety of helpful resources

[Muslim Council of Britain | Representing British Muslims \(mcb.org.uk\)](https://www.mcb.org.uk)