

## **Advice for Students taking exams during Ramadan**

Ramadan, the holiest month in the Muslim calendar.

It is a month of self-discipline through fasting from dawn to dusk and offering late night prayers. It is also a month of sacrifice through charity giving and helping those less fortunate.

The decision to observe Ramadan is a personal one. If you have any concerns that fasting will have a significant impact on your health or wellbeing you should seek advice from your local Imam.

Ramadan brings new challenges for Muslim students especially during the exam period. Getting organised and planning your time effectively during Ramadan can maintain your well-being and ensure exam success at University of Staffordshire. Here are some top tips to help you through this period.

### **1. Plan your meals and nutritional needs**

It's important to plan your meals and how you are going to meet your nutritional needs during Suhur (pre-dawn meal) and Iftaar (breaking of the fast meal). Getting the right balance of carbs, proteins, vegetables, fruits along with drinking plenty of water can have a significant impact on energy levels during the day. Stock up on these items from our outlets or local supermarkets before you head home. This will ensure you know you have the right food available at night when needed.

If you are living in our student accommodation try bulk cooking and freezing meals to plan and save time. It's important to eat healthily and get the right nutritional balance in your meals. You could cook meals together with other Muslim students. Share responsibilities and meals ideas. It's good Staffs students can support each other.

### **2. Revise differently and plan ahead**

You will need to work out a routine that works for you that factors in enough revision and rest time. Make a revision timetable that factors in rest periods during the exam period. You may have other responsibilities too so take those into account when planning.

Lack of concentration, your mind wondering and feeling sleepy can occur during fasting. Revision cards, mind maps and other techniques can help condense essential information into bite size chunks that are easier to absorb. Try and do the bulk of revision before fasting starts, write up notes and revision cards before you start feeling hungry.

### **3. Utilise your lunch times**

You know you will have a lunch break like other students during the day. Decide what you will do with this time. You could use this as a quiet time. Alternatively,

be proactive and write down the challenges you are facing and work out a plan to tackle them. There are lots of student areas on campus which you could utilise during your lunchtimes to suit your needs.

#### **4. Take a break**

It's essential you plan in a few breaks during your day. Regular breaks increase productivity, reduces stress, gets you focused and refreshes you and is an essential element of your plan. In your breaks why not take a relaxing walk round our campus. The fresh air will help you if you feel energy levels dip. Take a friend and have a catch up.

We would like to wish all our Muslim staff and students a happy and blessed Ramadan (Ramadan Mubarak).

#### **Prayer room facilities at Staffs University:**

Prayer rooms and washing facilities for Muslim students and staff are provided:

##### Stoke campus:

- Mellor – S330
- Coalport CP004

##### Stafford campus:

- BHL Ground floor

#### **For more information:**

Multi Faith Chaplaincy at Staffs: [http://www.staffs.ac.uk/support\\_depts/chaplaincy/](http://www.staffs.ac.uk/support_depts/chaplaincy/)

ACAS <http://www.acas.org.uk/index.aspx?articleid=4868>