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# How to Best Prepare for Exam Season

## Get ready for exam season

Exam season always seems to arrive before we know it. So, **get ahead of the stress by following these tips, tricks, and best practices** for when it comes to getting your notes in order, studying, and writing your exam.



## General advice

Before you even begin to study, there are some things you can do to help **maximize your productivity**. When it comes to preparing for your exams, the process starts before you even open your book:

### 1. Organize your notes

Make sure you have all your notes first, and then **sort them into easily scannable categories**: chapters, subjects, etc. You can also **share and compare your notes with your classmates** to make sure you have all the material.

### 2. Determine when you're most productive

When did you do the majority of your studying for previous tests and exams? **Knowing what time of the day you're most productive will ensure you're actually retaining the info you're studying.**

### 3. Have a clean study environment

Wherever you choose to study, **make sure the area around you is neat**. If you've got a messy workspace then you're more likely to procrastinate and get distracted. A clean study space will set a positive tone.

### 4. Create a study schedule

You'll likely know your exam date a few weeks in advance. So, now's the perfect opportunity to **create a study schedule for yourself**. For example, if you have three chapters to review and only three weeks before the exam, you could spend one week studying each chapter. Or, if you know you need more help in one chapter than another, you could schedule more time for that chapter.

## Study tips

Now that you're all set to start studying and in the right headspace, here are some **effective study techniques and tips** that will help you succeed:

### 1. Customize your notes

If you organized your notes beforehand, then you'll know if you've got all the material you need to study. Now, as you read through your notes, you should **rewrite them using words and phrases that are more natural to you**. This will make it easier for you to remember the content, while also making sure you understand the material properly.

### 2. Create practice questions

As you review the information, think about what kinds of questions could be on the exam. **Write down the questions you think could be made from the material**. For example, if you're reviewing a book you read for English, you can create questions about the characters, plot, narrative style, etc. This will help you think critically about the information while also creating a study tool for yourself.

### 3. Review previous tests and assignments

Reviewing previous tests and assignments are a great way to **see what kinds of questions might be asked on the exam**. You may even see a repeat of questions from previous tests pop up again on your final exam. It also provides concrete examples of what information you're confident with versus information you may have trouble grasping.

### 4. Study groups

Get together with a small group of your classmates to go over the course material. You can **quiz each other and compare your notes**. A great study tip is to try explaining a concept you need to know to someone else. This helps you get a sense of whether you truly know the material.



### 5. Take mental and physical breaks

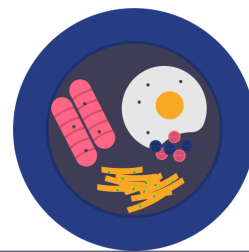
Make sure you take study breaks. Studying for long periods of time can be counterproductive as you get tired and lose focus. Don't just scroll on your phone for 5 minutes as your break either — **get out of your study space and walk around**. That said, don't take such long breaks that you're forced to cram your studying into a day or two before the exam. By spreading your studying out over weeks, you'll be able to soak in the information without overwhelming yourself. **Studying is a marathon, not a sprint.**

## Day of the exam

You made it! You've done all your studying and now is the time to show your knowledge. Check out these tips for how you can **set yourself up for success the day of your exam**:

### 1. Eat a good meal and stay hydrated

What you eat can impact your brain function. Try to **avoid food with high sugar content** as you won't want your energy to crash mid-exam. A proper meal will also ensure your stomach doesn't start grumbling as you try to recall what you studied. Some examples of foods that help boost concentration are berries, green vegetables, nuts, and eggs. And **don't forget to stay hydrated!** Water also affects your brain performance.



### 2. Get there early

Make sure you know exactly where the exam takes place, how long it takes to get there, and arrive at the exam location earlier than necessary. You **don't want to be in a rush right before sitting down to write an exam**.

### 3. Bring the proper materials

**Know in advance what you need for the exam.** This could be pens, pencils, calculators, etc., and then **bring spares for each!** If your pen runs out of ink just as you start your exam, then you'll need a back up!

### 4. Forget about it afterwards

**Once you're out of the exam room, forget about it.** You just used up a lot of your energy and brain function, so now's the time to treat yourself! Your friends may want to compare answers afterwards, but since you've already submitted your work, there's no reason to stress yourself out over your answers.

## Good luck on your exams!

Good luck writing your exams! Be sure to **take care of yourself while studying, and trust your knowledge** when it comes time to take the exam.

