

Exam Study

Some useful tips on studying can be found on the internet including the following from:

<http://teenadvice.about.com/od/schoolscolleges/tp/10-High-School-Study-Tips-For-Students.htm>

1. Study Alone

Unless you've got a couple of friends who are super-serious about getting down to business, stay away from group study sessions because they tend to get off-topic pretty quickly. Save the social time till after you've completed the exams.

2. Create Your Perfect Study Area

The place where you study should be quiet, comfortable and free from distractions. Go to your room, close the door and kill as many distractions as possible - like music, television, and even the internet and your phone.

3. Get it All Out

Your study materials, that is. Before you dig in, make sure you have all your books, notes, study guides and writing utensils in front of you. Don't give yourself another excuse to get up and rummage around.

4. Turn Your Notes into Flash Cards

Now that you've got all your notes in front of you, open up a pack of index cards. As you read through the important facts, rewrite them in Q&A form on the cards. For instance: to study historical facts, write the historical fact on one side of the card and the key details on the other side. To study geometry formulas, right the name of the formula on one side and the formula itself on the other side.

5. Snack Healthy While You Study

If you want to stay sharp while you study, stay away from junk food. Instead, snack on [studying-friendly foods](#) like dark leafy greens, whole grains, peanut butter, milk and seafood. Feeling sluggish? Caffeine or energy drinks won't help you in the long run. Get your energy boost instead by eating a banana or an apple.

6. Narrow it Down

If you try to study every single thing your teacher's ever said, you'll go crazy. Instead, focus on the most important topics. If you're not sure what those are, read the study guide (if there is one), or ask your classmates. Once you've nailed down the important stuff, if there's still time left before the exam, you can move onto the finer details.

7. Take a Break

Your brain can only take so much hard work at one time. For every hour that you study, take about 15 minutes to do something mindless, like taking a walk, listening to music or playing a computer game. (You can even take a 15-minute nap, if you're confident you can wake yourself up at the end of it.) It'll keep your stress level down and give your brain a chance to let all that information sink in.

8. Put Yourself to the Test

Once you've got your set of flash cards, test yourself with them. If you don't trust yourself not to cheat, give the cards to your parents and have them test you. Don't stop till you've made it through the whole stack without any mistakes. And be sure to bring your flash cards to school with you on the day of the exam: you'll be amazed at how much more you can retain if you run through the cards right before the exam session begins.