I'm not a bot



```
University of Michigan, Ann Arbor $145k Scholarships granted From pop quizzes to standardized tests, exams are an important part of the life of every high school student. The best way to ensure that youll get the grade you want is to understand the material thoroughly. Good test taking skills, however, can help make the difference between a top
grade and an average one. Mastering these skills can also help reduce stress and relieve test-taking anxiety. In this blog, weve divided our tips for test taking into two categories: seven things you should do once the test begins. Weve also included four strategies that can help with test taking
anxiety. We hope these test taking tips will help you succeed the next time you are facing an exam, big or small! Youve probably heard to success. When it comes to test taking, these are words to live by. Here are the seven best things you can do to make sure you are
prepared for your next test. Understanding and remembering information for a test takes time, so developing good study habits long before test day is really important. Do your homework assignments carefully, and turn them in on time. Review your notes daily. Write out your own study guides. Take advantage of any practice tests your teacher gives
you, or even create your own. These simple steps, when done habitually, will help ensure that you really know your stuff come test day. It might before the test. In fact, cramming for a test is highly counterproductive. Not only are you less likely to retain the information
you need, cramming also increases stress, negatively impacts sleep, and decreases your overall preparedness. So avoid the temptation to stay up late reviewing your notes. Last minute cramming is far less likely to improve your grade than developing good study habits and getting a good nights sleep. Before going to bed (early, so you get a good
nights sleep), gather everything you need for the test and have it ready to go. Having everything ready the night before will help you feel more confident and will minimize stress on the morning of the test. And it will give you a few extra minutes to sleep and eat a healthy breakfast. And speaking of sleepshowing up to your test well-rested is one of the
best things you can do to succeed on test day. Why should you make sleep a priority? A good nights sleep will help you think more clearly during the test. It will also make it easier to cope with test-taking stress and anxiety. Moreover, excellent sleep habits have been shown to consolidate memory and improve academic performance, as well as reduce
the risk of depression and other mental health disorders. Like sleeping, eating is an important part of self-care and test taking preparation. After all, its hard to think clearly if your stomach is grumbling. As tough as it can be to eat when youre nervous or rushing out the door, plan time in your morning on test day to eat a healthy breakfast. A mix of
complex carbohydrates and healthy protein will keep you feeling full without making you feel sluggish. Whole wheat cereal, eggs, oatmeal, berries, and nuts may be great choices (depending on your personal dietary needs and preferences). Its best to avoid foods that are high in sugar, as they can give you a rush of energy that will wear off quickly,
leaving you feeling tired. And dont forget to drink plenty of water. If possible, bring a bottle of water with you on test day. Arriving early at a test location can help decrease stress. And it allows you to get into a positive state of mind before the test starts. Choose your seat as soon as possible. Organize your materials so they are readily available when
you need them. Make sure you are physically comfortable (as much as possible). By settling in early, you are giving yourself time to get organized, relaxed, and mentally ready for the test to begin. Even in a high school setting, maximizing the time you have in the test classroomeven if its just a couple of minutescan help you feel more comfortable,
settled, and focused before the test begins. Dont underestimate the importance of confidence and a positive mindset in test preparation. Positive rituals can help combat negative thinking, test anxiety, and lack of focus that can easily undermine your success on test day. Plan some extra time to go for a short walk or listen to your favorite music.
Engage in simple breathing exercises. Visualize yourself succeeding on the test. Your rituals can be totally unique to you. The important thing is developing a calming habit that will boost your confidence, attitude, and concentration when the test begins. You have gotten a good nights sleep, eaten a healthy breakfast, arrived early, and done your
positive test-day ritual. You are ready to start the test! Different types of tests require different test taking strategies. You may not want to approach a math test the same way you would an essay test, for example. And some computerized tests such as SATs require you to work through the test in a specific way. However, there are some general test
taking strategies that will improve your chances of getting the grade you want on most, if not all, tests. Once the test is front of you, its tempting to block everything out so you can get started right away. Doing so, however, could cause you to miss out on critical information about the test itself. The teacher or proctor may offer details about the
structure of the test, time limitations, grading techniques, or other items that could impact your approach. They may also point out steps that you are likely to miss or other tips to help improve your chances of success. So be sure to pay close attention to their instructions before you get started. If possible, look over the entire test quickly before you
get started. Doing so will help you understand the structure of the test and identify areas that may need more or less time. Once you read over the test, you can plan out how you want to approach each section of the test to ensure that you can plan out how you want to approach each section of the test and identify areas that may need more or less time. Once you read over the test, you can plan out how you want to approach each section of the test to ensure that you can plan out how you want to approach each section of the test and identify areas that may need more or less time.
formulas is key. For these tests, it can be helpful to take a few minutes to write down all the information you need on a scrap paper before you get started. Putting that important information without worrying about your ability to recall the facts. And now you have a kind of cheat
sheet to refer to throughout the test! When possible, do a first pass through the test to answer the easy questions or the ones you know right away. When you come to a question that you cant answer (relatively) quickly, skip it on this first pass. Dont rush through this first pass, but do be mindful of timeyoull want to leave yourself enough time to go
back and answer the questions you skipped. *Its important to remember that this technique is not possible on some tests. Standardized computer-based tests often do not allow you to skip questions and return to them later. On these types of tests, you will need to work through each problem in order instead of skipping around. Once youve done a
first pass, you now have to go back and answer the questions you know easily may have reminded you of the
details you need for these questions. Of course you may still struggle with some of the questions, and thats okay. Hopefully doing a first pass somewhat quickly allows you to take your time with the more challenging questions. Once you think youve answered all the questions, double check to make sure you didn't miss any. Check for additional
questions on the back of the paper, for instance, or other places that you might have missed or not noticed during your initial read-through. A common question in a general sense: it depends on the specific test and the teachers rules. It may also
depend on the value of each individual question, and whether your teacher gives partial credit. But, if youre not penalized for a wrong answer or you are penalized for leaving an answer blank, it is probably better to put something down than nothing. Finally, if you have time left, go back through the test and check your answers. Read over short
answer and essay questions to check for typos, points you may have missed, or better ways to phrase your answers on math questions in case you made a small error that impacts the final answer. You dont want to overthink answers,
but a doublecheck can help you findand correctobvious mistakes. Nearly every student gets nervous before a test at some point, especially if the exam is an important one. If you are lucky, your pre-test nervousness is mild and can be mitigated by these test taking tips. A mild case of nerves can even be somewhat beneficial (if uncomfortable); the
surge of adrenaline at the root of a nervous feeling can keep you focused and energized. For some students, however, test taking anxiety can be debilitating and overwhelming. This level of anxiety can be extremely difficult to cope with. However, there are a few things you can do before and during a test to help cope with
more severe stress and anxiety: Take a minute or two before or even during a test to focus on your breathing, relax tense muscles, do a quick positive visualization, or stretch your limbs. The calming effect can be beneficial and worth a few minutes of test time. Learn to recognize when your breathing and practice
turning negative thoughts into positive ones. For example, when you catch yourself saying Im going to fail, force yourself to say Im going to succeed instead. With practice, this can be a powerful technique to break the cycle of negative thinking undermining your confidence. Its easy to get caught up in worrying about a bad grade. Instead, remind
yourself that its ok to make mistakes. A wrong answer on a test is an opportunity to understand where you need to fill in a gap in your knowledge or spend some extra time studying. Test taking anxiety is very real and should be taken seriously. If you find that your anxiety does not respond to these calming tips, its time to seek professional help. Your
guidance counselor or a therapist may be able to offer long-term strategies for coping with test taking anxiety. Talk with your parents or guardians about finding someone to help you cope. Following these test taking anxiety. Talk with your parents or guardians about finding someone to help you cope. Following these test taking anxiety.
taking strategies can help you feel more confident and perform better on test day. Tests may be an inevitable part of student life, but with preparation and confidence, you can succeed on them all! Summary: Exams. UGH! As all students know exams can be stressful especially if you dont know how to prepare. Shantel gives you her four top tips on
how to ace your exams! Written by Shantel Hussain Preparing for exams may seem stressful especially after 12 weeks of learning different topics, trust me its not! Its important to start reviewing all your work and little notes youve made throughout the weeks this way your brain will gather the information gradually helping you to gain a better
understanding of the topics. Here are some simple ways I have managed to prepare to ace my exams. 1. Starting Early Although we may feel like leaving everything until the end of the semester, we shouldnt trust me! Its best to start reviewing notes at least three weeks before exam week so you know youve studied everything in time! (This makes it
easier than pulling an all-nighter before exam day!) Revising two lectures per day a week before exams to remember important things 2. Making a Study Plan Creatinga simple, solid study plan is essential and will save you from panicking about the exam. List the subjects you need to study on which days, and dont overload yourself, leave time for
breaks! Having a study plan makes all the difference 3. Practice Makes Perfect. Reviewing all your lecture content is one of the best ways to prepare for your exam! Go over them a few times before the exam. Taking notes on
important things that might be brought up in the exam This hands-on approach helps reinforce your learning. Try to create practice, the more confident youll feel when it comes time for the actual exam. Attend final lecture to get
important tips for exam 4.THE MOST IMPORTANT STEP Dont forget to look after yourself, sleep well, eat foods that are good for your exam! Having a candle and sitting in complete silence so Im able to focus! Hopefully by following
these strategies, youll be able to complete your exams! Charlie blog is a SSAF funded initiative How I limit my screen time to help with my studies Related As early as possible, find out what topics will be covered in your exam, the type of exam and its conditions. Important
details include the duration of the exam and whether it has open book, multiple choice, short answer or essay questions. You can find information about your exam from a few sources. The unit of study outline will show you the most important to focus on. Plan
your studyMake your plan as accurate as possible. Remember to include the time you need for important considerations such as transport, eating, family, work and sleep. Update your plan each day. Find out as soon as possible what topics you need to study, and work out how much time you have for each topic before the exam. At the end of each study
session, make a list of what you need to cover the next time you study. Find out more about time management and making plans. Prioritise First, do a quick review of all the main topics. Then go back to the topics that are more difficult and review those in more detail. If you dont know how much detail you need to study, try looking at each topic in
progressively more detail. That is, first study all of the topics at a very general level (for example, just the major theories, key models, rules or facts). Finally, if you have enough time, go back and look at some extra details on each topic (for example, debates about
the theories, specific studies and their methodologies). Effective studyIts not recommended that you leave studyIts not recommended that you leave studying for the night before a test. Research shows that losing sleep to study makes you perform worse academically. Having regular study sessions which dont interfere with your sleep time means youll be well-rested and can learn more
effectively. Often you can improve and solidify your understanding by discussing the concepts and information with someone else. For your learning to last beyond your short-term memory, try to make connections and relationships between facts and ideas. For example, think about how the facts or ideas relate to other things you have read, how you
might use them in your future career, and whether you agree with the author's arguments. Use your time efficiently Choose to study at a time when you are naturally alert and focused. For example, if you are a morning person, dont try to study late at night. Before each task, remind yourself of its specific purpose. For example, do you really need to
read the whole chapter, or to only check the paragraph about one particular topic? If you lose concentration while you are reading or studying, stop. Think about how this paragraph fits into the big picture. Is it important? Skim read every article or book chapter before you read it in full to get a sense of the main idea and if its relevant. That is, first
read the title, abstract, introduction, headings/topic sentences and conclusion. If you find that youre procrastinating (spending your time on things that are a low priority, such as checking social media accounts, turn off the TV. Find out more about time
management and studying productively. Exam strategies Multiple choice questions, often there is not much time for each question, for example one to two minutes. Its therefore important to be efficient with your time. Before the exam find out what the exam will cover, how many questions are included and how long you
will have for each question. During the exam: circle the keywords as you read each question as 'not', 'never', 'no', 'none', 'lack', 'fail'. Be especially careful of double negatives, such as which of the following is never present without respiratory symptoms? when you are reading the answers.
immediately cross out any that are clearly wrongdont spend a long time on a question if the meaning is confusing or you dont know the answer (no marks). In that case, its better to guess than to leave a question
blank. Essays To prepare for essay exams: find out the topics that may be included in the exam, and brainstorm for each one. In particular, think of several ways of analysing the topic; the pros and cons of a particular approach to the
topic; some evidence for your points of view; three different real-world applications of the topic. During the exam: closely analyse the essay question(s) and underline all the key words. What type of essay do they expect? carefully plan your time, allowing time to create an essay outline before you start writing and to proofread your essay. You should
extra ideas that may stray away from the purpose of the essaywrite a topic sentence for each paragraph to clearly present your argumentmake sure you have both an introduction and conclusion. Try not to sacrifice a conclusion due to time constraints - if necessary, budget your time for each paragraph to make sure you finish the whole
essay. Managing stress and nerves and nerves and nerves and stay calm. Discuss the exam with other students beforehand, including any worries, but also the topics that you feel confident about. Lower the stress about exams is to be prepared. There are also a number of strategies you can use to boost your confidence and stay calm. Discuss the exam with other students beforehand, including any worries, but also the topics that you feel confident about. Lower the stress are also a number of strategies you can use to boost your confidence and stay calm. Discuss the exam with other students beforehand, including any worries, but also the topics that you feel confidence and stay calm. Discuss the exam with other students beforehand, including any worries, but also the topics that you feel confidence and stay calm. Discuss the exam with other students beforehand, including any worries, but also the topics that you feel confidence and stay calm. Discuss the exam with other students are also an under the stress and the present of the topics that you feel confidence and stay calm. Discuss the exam with other students are also an under the stress and the present of the topics are also an under the stress and the present of the topics are also as a stress are also as a stress and the present of the stress are also as a str
something you feel good in, and take along helpful items, such as a water bottle and your favourite pen. Counselling and Psychological Services and Inclusion and Disability Services offer advanced techniques and extra support services, including workshops and consultations. Adjustments, such as a separate room or extra time to sit the exam, may be
arranged if required. If you have a serious illness, injury or circumstances arise that affect your ability to attend or complete an exam, you may have grounds to apply for special consideration or special arrangements. Resources This material was developed by the Learning Hub (Academic Language and Learning), which offers workshops, face-to-face
consultations and resources to support your learning. Find out more about how they can help you develop your communication, research and study skills. See our handouts on Understanding yourself as a learner (pdf, 1.2MB) and Becoming a more effective learner (pdf, 2MB). There are also sample planners available on time management page.
Download Article Download Article Preparing for an exam can be stressful and time-consuming, but it doesn't have to be. There's no need to stress out or cram. By doing a couple of simple things ahead of time, you can ensure that
enough time to review the material that was covered in class. You might want to gauge how soon to start studying by how much material you need to review. For instance, if you are just taking a test that covers material over a few
chapters, a week prior or even three to four days may be sufficient.[1]Only you know how long it takes you to study, so you are the best judge of when to start studying. If the class material, practice it and then review it. Get a full night's sleep before
the exam. Your brain needs time to subconsciously digest everything you've put into it, so start early so you don't have to stay up all night.[2] 2Read through the entirety of your notes that will be on the exam. It will refresh your memory of the material and help you remember what you learned. It will also help to make you aware of all the information
in your notes, where it is located in your notes are sufficient enough to study from. Did you miss any classes? Are some of your notes are sufficient enough to study from your notes are sufficient enough to study from your notes. Advertisement 3Get some good notes. If
you're not a good note taker, or if there are holes in your notes, then ask a friend if you can copy his or her notes. Good note taker, or if there are holes in your notes, then ask a friend if you can copy his or her notes. Good note taker, or if there are holes in your notes, then ask a friend if you can copy his or her notes, but only have five pages of notes.
your friend has twenty, then you probably missed some important information. Compare your notes to your friend's to see where the holes are in your studying process is to find out what is on the test directly from your teacher. Many teachers will provide some
 guidance on what will and will not be covered on the test. Knowing which material the test will cover will help you focus on the main material that you need to study guide, or simply announcing what the exam will
cover. Advertisement 1Re-read your notes. This time re-read your notes for understanding. In other words, you are going to study your notes. Start with the most basic information. So, if you're studying an art history unit on impressionism, make sure you know what impressionism means. Who were the most famous impressionists at the time?[5]Ask
yourself, who, what, where, when for each theme/subject matter that you are supposed to know for the test. You can look up information online to study from, but the best information on the internet can
Ted earned a perfect score on the SAT (1600) and PSAT (240) in high school. Since then, he has earned perfect scores on the ACT (36), SAT Subject Test in Literature (800), and SAT Subject Test in Math Level 2 (800). He has a BA in English from Princeton University and a MA in Education from the University of California, Los Angeles. Remember to
also study the topics that you're good at or know well. While you will definitely want to work on areas of weakness, you should also go back over your areas of strength. It can be easier to improve a grade by doing really well on a subject you're already good at than completely re-learning something that you don't know as well.2Take notes while you
study. Yes, take even more notes. You can highlight and underline the information as well, but writing the information down really helps you retain it better. Make sure to write down concepts that you are trying to learn
the order of historical events, list out each event that happened in the order they happened. For instance, first Linus Pauling discovered DNA, then he was awarded a prize. Write down the time frame and the events that influenced each happening. Knowing these side notes should help you to recall information because they increase your level of
understanding. 3Review your syllabus. The syllabus is an outline of everything that you should be learning from the class. Review it and highlight the titles and subheadings. These are the sections that you'll need to at least review
to make sure you understand the big ideas behind the topics.[7]Some teachers write down the page numbers or chapters that each section of the syllabus pertains to in your book. Take note of those pages because you should definitely review them.4Write down the major topics and themes that you pulled out of the syllabus. Then, go through your
notes to see if you have any notes at all on those topics. Once again, if you don't, you should ask someone for notes on those topics, and re-read the sections in the book pertaining to those topics. Anything outlined in the syllabus is usually fair game for test material. 5 Review study guides and sections. In some books, each chapter has a short review or
summary. This is a great place to quickly review and get a gist of a concept. Of course, if you have no idea what the summary is referring to or you need more details to jog your memory, refer to the study guide in the book. Then, re-read those specific chapters or selections in the book that you were having trouble remembering.[8]You
might be able to find a study guide online for the material that you are studying if you are not able to get one from your syllabus should be re-read important information. While you re-read these sections, keep in the mind the
major concepts that you're supposed to be learning from those sections of the book. Write down important details as you read. [9]Note the chapter titles and section titles as you read. They are a dead give away to the major concepts that are covered in those sections. Advertisement 1Make flash cards. After you have taken notes from studying all of
your materials including the book and your notes, use that information to make flash cards. (Grab an index card, or cut paper into squares to use as a flashcard.) Turn statement is Linus Pauling was one of the discoverers of DNA, then write on the flash card the question, who was one of the main
discoverers of DNA? Write the question on one side, and the answer on the other. Sometimes a question will spark an idea for a follow-up question. When you're making flashcards, often you'll be able to see how you may have forgotten to study something. For instance, who were the other discoverers of DNA? This question springs from the Linus
Pauling statement because the word main reminds you that there were other people involved in DNA's discovery. If you don't know the answer to follow-up questions too. Start making flashcards for the information that you are having trouble remembering or grasping
This is the information that you need to review the most. Then, move on to information that you already know pretty well. Making physical copies of flashcards is recommended because you have to write down the questions and answers, which is a repetitive process that will help you remember the information. Also, you can carry the flashcards
around and use them at anytime. However, there are websites such as cram.com that allow you to make online flash cards. You get them right. You can carry flashcards around with you and quiz yourself with the cards. Keep reviewing the questions that you get them right. You can carry flashcards around with you and quiz yourself.
when you're on the subway or riding in the car. You might quiz yourself for a half hour or so, then take a break. Definitely continue to quiz yourself until your get them all right.[11]If you keep getting certain questions wrong, review your notes and textbook again to see if there is something you're not understanding.3Do practice questions. This is
especially helpful for subjects such as math. Practice doing the questions in the book that you were assigned for homework. Do extra questions in the back of the book. Re-do questions that you got wrong, and try to figure out why you got them wrong. Do practice questions until you feel more comfortable with subject matter.[12]If you still have more
time before your exam, ask for assistance either from a teacher or a friend. 4On the day of the exam, set your alarm at least two hours before the test. Scientists believe that a good night's rest is the key to better test scores. [13] An hour and a half before the exam, start running through all the themes and sub-topics in your head. Like always, check
your notes if you get stuck. Use your flashcards to help you commit all the tiny details to memory if they're not already memorized. Stop studying at least 15 minutes before the exam, but an hour is preferable. If you've given yourself enough time to study, you should feel well prepared and relaxed. Advertisement 1Review past tests. If you have a
friend who has taken the test the year or semester before, ask your friend if you can see his or her test. Take note of the questions that were answered and the answers that were marked correct and incorrect. If you are in college, some universities keep past exams from classes on file. Contact your professor about reviewing them.[14]Although
reviewing past exams might not give you the exact questions that will appear on your test, it will give you an idea of how the information will be tested. It also will tell you how the test will be scored. You'll know if you should give long detailed answers or if your answers should be straight to the point. If you are able to review a test with answers on it
pay attention to answers that were given high marks and those that weren't. Also, pay attention to any notes in the margins that the teacher may have written explaining why points were taken off.2Determine the format. Reviewing past tests can help you understand the format of the test and whether it will be multiple choice, short answer or essay. It
also gives you more ideas about how to study. Does it ask for specific information like dates and times that events occurred? Or is it testing big ideas with explanations in an essay format?If you understand the format of the test, you know what information to pull out and how detailed or open-ended it might be.You'll also be able to assess the
distribution of points. Is the essay worth much more than the multiple choice? With the past test to review, you can assess what you've already studied and re-assess. 3Go to class the day before the exam. Teachers usually provide more information about the test a day or two before the exam. Sometimes they might even tell you exactly what will be on
the test and exactly what will not be, but not always. Your teachers may even provide you with a friend or group of people from your class and study together. It doesn't have to be a
formal study group. You can simply review each other, or ask your flashcards to quiz each other, or ask your friend to make up new questions that you didn't think about. Even if you use the
same questions that you wrote on your flashcards, you will find that the experience is different when your friend is quizzing you. More than likely, your friend will hold you accountable for answering the question in its entirety.[17]3Chat about the concepts. Sometimes you can learn more about the information by simply discussing the concepts in a
conversation with someone other than your teachers. It may help you understand the information in a different way, and it might even deepen your understanding. Bring snacks for the group or meet at a coffee shop and make the study group more casual, relaxed, and fun.[18] Advertisement Add New Question Should I go to bed early the
night before an exam? Yes! You should definitely get enough sleep before your big day. Don't go to bed too early, however, or you won't be able to fall asleep. Plan on getting between 7 and 9 hours of sleep. Question What happens if I am in the test and I forgot my notes? If you mean you forget everything you studied, that's
usually just anxiety. Close your eyes and take a few slow, deep breaths. Try to relax. Remember it's not the end of the world. Then just go through the test and concentrate, it's likely the material will start coming back to you. If you mean you forgot your notes and it is an open-note test, you'll just have to try your best. Question Is there any particular
time of day that is best for studying? Night time before bed; if you read through your material just before you go to sleep, it will be the last thing you think about and the first thing that pops into your material just before you go to sleep, it will be the last thing you think about and the first thing that pops into your material just before you go to sleep, it will be the last thing you think about and the first thing that pops into your material just before bed; if you read through your material just before you go to sleep, it will be the last thing you think about and the first thing that pops into your material just before you go to sleep, it will be the last thing you think about and the first thing that pops into your material just before you go to sleep, it will be the last thing you think about and the first thing that pops into your material just before you go to sleep, it will be the last thing you think about and the first thing that you material just before you go to sleep, it will be the last thing you think about and the first thing that you material just before you go to sleep, it will be the last thing you think about and the first thing that you material just before you go to sleep, it will be the last thing you material just before you go to sleep, it will be the last thing you material just be for a given in the first thing you material just be for a given in the first thing you material just be for a given in the first thing you material just be for a given in the first thing you material just be for a given in the first thing you material just be for a given in the first thing you material just be for a given in the first thing you material just be for a given in the first thing you material just be for a given in the first thing you material just be for a given in the first thing you material just be for a given in the first thing you material just be for a given in the first thing you material just be for a given in the first thing you material just be for a given in the first thing y
Thanks Show More Tips The advice in this section is based on the lived experiences of wikiHow readers like you. If you have a helpful tip youd like to share on wikiHow, please submit it in the field below. Before starting a study session, make sure the things you need are easily accessible, so you won't need to look for something in the middle of your
study session and potentially become distracted. Avoid trying to memorize everything at once, or you may get overwhelmed. Instead, you might find it more helpful to focus on 1-2 topics during each of your study in a quiet place with
minimal distractions. This can help improve your concentration. Advertisement Thanks T
and PSAT (240) in high school. Since then, he has earned perfect scores on the ACT (36), SAT Subject Test in Literature (800), and SAT Subject Test in Math Level 2 (800). He has a BA in English from Princeton University and a MA in Education from the University of California, Los Angeles. This article has been viewed 1,229,263 times. Co-authors
109 Updated: March 10, 2025 Views:1,229,263 Categories: Exam Revision PrintSend fan mail to authors for creating a page that has been read 1,229,263 times. "I have an exam next week, I had no idea how to prepare for it, but after reading this article I feel more confident. This article keeps me motivated. I would recommend
everyone to check out 'How to Get Good Grades' on wikiHow. It really keeps me motivated."..." more Share your story Download Article Download Article Download Article Preparing for an exam can be stressful and time-consuming, but it doesn't have to be. There's no need to stress out or cram. By doing a couple of simple things ahead of time, you can ensure that
you are confident and ready for anything that comes up on the test. 1Start studying early. Give yourself more than enough time to review material for an entire semester, you might want to gauge how soon to start studying by how much material that was covered in class. You might want to gauge how soon to start studying by how much material for an entire semester, you might want to gauge how soon to start studying by how much material for an entire semester.
want to start studying a few weeks prior. However, if you are just taking a test that covers material over a few chapters, a week prior or even three to four days may be sufficient.[1]Only you know how long it takes you to study, so you are the best judge of when to start studying. If the class material is especially difficult for you, start studying early.
Give yourself enough time to truly grasp the material, practice it and then review it. Get a full night you've put into it, so start early so you don't have to stay up all night. [2] 2Read through the entirety of your notes that will be on the exam. It will refresh your memory and it is not to subconsciously digest everything you've put into it, so start early so you don't have to subconsciously digest everything you've put into it, so start early so you don't have to subconsciously digest everything you've put into it, so start early so you don't have to subconsciously digest everything you've put into it, so start early so you don't have to subconsciously digest everything you've put into it, so start early so you don't have to subconsciously digest everything you've put into it, so start early so you don't have to subconsciously digest everything you've put into it, so start early so you don't have to subconsciously digest everything you've put into it, so start early so you don't have to subconsciously digest everything you've put into it, so start early so you don't have to subconsciously digest everything you've put into it, so start early so you don't have to subconsciously digest everything you've put into it, so start early so you don't have to subconsciously digest everything you've put into it.
of the material and help you remember what you learned. It will also help to make you aware of all the information in your notes, where it is located in your notes are sufficient enough to study from. Did you miss any classes? Are some of
your notes missing? If so, you might need to borrow someone else's notes. Advertisement 3Get some good notes and notes can make all the difference when you're studying. They can explain content that the book doesn't explain well
or highlight information and make it easier to understand and remember.[3]If you only have five pages of notes, but your friend has twenty, then you probably missed some important information. Compare your notes to your friend has twenty, then you probably missed some important information.
your studying process is to find out what is on the test directly from your teacher will provide some guidance on what will and will not be covered on the test. Knowing which material the test will cover will help you exactly what is on the test,
but he or she might give you some pointers by handing you a study guide, or simply announcing what the exam will cover. Advertisement 1Re-read your notes. Start with the most basic information. So, if you're studying an art history unit on
impressionism, make sure you know what impressionism means. Who were the most famous impressionists at the time?[5]Ask yourself, who, what, where, when for each theme/subject matter that you are supposed to know for the test. You can look up information online to study from, but the best information to study from is the information presented
to the class because the answers will be derived from your classroom materials. Sometimes information on the internet can vary from the information provided on the internet, stick with sources that end with .edu or .gov.EXPERT TIP Ted Dorsey, MA Academic Tutor Ted
Dorsey is a Test Prep Tutor, author, and founder of Tutor Ted, an SAT (1600) and PSAT (240) in high school. Since then, he has earned perfect scores on the ACT (36), SAT Subject Test in Literature (800), and SAT Subject Test in Math Level 2 (800). He has
a BA in English from Princeton University and a MA in Education from the University of California, Los Angeles. Remember to also study the topics that you're good at or know well. While you will definitely want to work on areas of weakness, you should also go back over your areas of strength. It can be easier to improve a grade by doing really well
on a subject you're already good at than completely re-learning something that you don't know as well. 2Take notes while you study. Yes, take even more notes. You can highlight and underline the information down really helps you retain it better. Make sure to write down concepts that you are struggling with or are
having a hard time remembering.[6] Break down complex subjects into steps or parts. For instance, if you are trying to learn the order of historical events, list out each event that happened in the order they happened. For instance, first Linus Pauling discovered DNA, then he was awarded a prize. Write down the time frame and the events that
influenced each happening. Knowing these side notes should help you to recall information because they increase your level of understanding. 3Review your syllabus. The syllabus is an outline of everything that you should be learned over the course of the class. It's a good place to start to understand major ideas and topics that you should be
learning from the class. Review it and highlight the titles and subheadings. These are the sections that you'll need to at least review to make sure you understand the big ideas behind the topics.[7]Some teachers write down the page numbers or chapters that each section of the syllabus pertains to in your book. Take note of those pages because you
should definitely review them. 4Write down the major topics and themes that you pulled out of the syllabus. Then, go through your notes to see if you have any notes at all on those topics. Once again, if you don't, you should ask someone for notes on those topics, and re-read the sections in the book pertaining to those topics. Anything outlined in the
syllabus is usually fair game for test material. 5 Review and get a gist of a concept. Of course, if you have no idea what the summary is referring to or you need more details to jog your memory, refer to the study guide in the
back of the book. Then, re-read those specific chapters or selections in the book that you were having trouble remembering.[8]You might be able to find a study guide online for the material that you are studying if you are not able to get one from your teacher.6Re-read important selections of the textbook. All of the titled sections of the book from
your syllabus should be re-read so that you can pull out important information. While you re-read these sections, keep in the major concepts that you're supposed to be learning from those sections of the book. Write down important details as you read. [9] Note the chapter titles and section titles as you read. They are a dead give away to the
major concepts that are covered in those sections. Advertisement 1Make flash cards. (Grab an index card, or cut paper into squares to use as a flashcard.) Turn statements into questions.[10]For instance, if the
statement is Linus Pauling was one of the discoverers of DNA, then write on the flash card the question, who was one of the main discoverers of DNA? Write the question on one side, and the answer on the other. Sometimes a question will spark an idea for a follow-up question. When you're making flashcards, often you'll be able to see how you may
flashcards for those questions too. Start making flashcards for the information that you are having trouble remembering or grasping. This is the information that you need to review the most. Then, move on to information that you already know pretty well. Making physical copies of flashcards is recommended because you have to write down the
questions and answers, which is a repetitive process that will help you remember the information. Also, you can carry the flashcards around and use them at anytime. However, there are websites such as cram.com that allow you to make online flash cards. Quiz yourself. Once everything is written down on flashcards, quiz yourself with the cards
wrong, review your notes and textbook again to see if there is something you're not understanding. 3Do practice questions in the book that you were assigned for homework. Do extra questions in the book. Re-do questions that you got wrong, and try to figure
out why you got them wrong. Do practice guestions until you feel more comfortable with subject matter. [12] If you still have more time before your exam, ask for assistance either from a teacher or a friend. 4On the day of the exam, set your alarm at least two hours before the test. Scientists believe that a good night's rest is the key to better test
scores.[13] An hour and a half before the exam, start running through all the tiny details to memory if they're not already memorized. Stop studying at least 15 minutes before the exam, but an hour is preferable. If you've
given yourself enough time to study, you should feel well prepared and relaxed. Advertisement 1Review past tests. If you have a friend who has taken the test the year or semester before, ask your friend if you can see his or her test. Take note of the guestions that were answered and the answers that were marked correct and incorrect. If you are in
college, some universities keep past exams from classes on file. Contact your professor about reviewing past exams might not give you the exact questions that will be scored. You'll know if you should give
long detailed answers or if your answers should be straight to the point. If you are able to review a test with answers on it, pay attention to any notes in the margins that the teacher may have written explaining why points were taken off.2Determine the format
Reviewing past tests can help you understand the format of the test and whether it will be multiple choice, short answer or essay. It also gives you more ideas about how to study. Does it ask for specific information like dates and times that events occurred? Or is it testing big ideas with explanations in an essay format? If you understand the format of
the test, you know what information to pull out and how detailed or open-ended it might be. You'll also be able to assess the distribution of points. Is the essay worth much more than the multiple choice? With the past test to review, you can assess what you've already studied and re-assess. 3Go to class the day before the exam. Teachers usually
provide more information about the test a day or two before the exam. Sometimes they might even tell you exactly what will be on the test and exactly what will be on the test and exactly what will not be, but not always. Your teachers may even provide you with a study guide to study from when they're giving away this information, and if you don't go, you'll miss out on it.[15]
Advertisement 1Study with a friend. Get together with a friend or group of people from your class and study together. It doesn't have to be a formal study group. You can simply review each other potential exam
questions. Use your flashcards to quiz each other, or ask your friend to make up new questions that you didn't think about. Even if you use the same questions that you wrote on your friend will hold you accountable for answering the
question in its entirety.[17]3Chat about the concepts. Sometimes you can learn more about the information by simply discussing the concepts in a conversation with someone other than your teachers. It may help you understand the information in a different way, and it might even deepen your understanding. Bring snacks for the group or meet at a
coffee shop and make the study group more casual, relaxed, and fun. [18] Advertisement Add New Question Should I go to bed early the night before an exam? Yes! You should definitely get enough sleep before your big day. Don't go to bed early the night before an exam? Yes! You should definitely get enough sleep.
Question What happens if I am in the test and I am about to start and I forgot my notes? If you mean you forget everything you studied, that's usually just anxiety. Close your eyes and take a few slow, deep breaths. Try to relax. Remember it's not the end of the world. Then just go through the test and concentrate, it's likely the material will start
coming back to you. If you mean you forgot your notes and it is an open-note test, you'll just have to try your best. Question Is there any particular time of day that is best for studying? Night time before bed; if you read through your material just before you go to sleep, it will be the last thing you think about and the first thing that pops into your brain
when you wake up. Morning is also a good time because your mind is rested. See more answers Ask a Question Advertisement Thanks 
Before starting a study session, make sure the things you need are easily accessible, so you won't need to look for something in the middle of your study session and potentially become distracted. Avoid trying to memorize everything at once, or you may get overwhelmed. Instead, you might find it more helpful to focus on 1-2 topics during each of your
study sessions. When you take a break, try setting a timer so you'll know when it's time to get back to studying. Study in a quiet place with minimal distractions. This can help improve your concentration. Advertisement Thanks Thanks
author, and founder of Tutor Ted, an SAT and ACT tutoring service based in Southern California. Ted earned a perfect score on the SAT (1600) and PSAT (240) in high school. Since then, he has a BA in English from
Princeton University and a MA in Education from the University of California, Los Angeles. This article has been viewed 1,229,263 times. "I have an exam Revision PrintSend fan mail to authors for creating a page that has been read 1,229,263 times. "I have an exam Revision PrintSend fan mail to authors for creating a page that has been read 1,229,263 times."
next week, I had no idea how to prepare for it, but after reading this article I feel more confident. This article keeps me motivated. I would recommend everyone to check out 'How to Get Good Grades' on wikiHow. It really keeps me motivated. I would recommend everyone to check out 'How to Get Good Grades' on wikiHow. It really keeps me motivated. I would recommend everyone to check out 'How to Get Good Grades' on wikiHow. It really keeps me motivated. I would recommend everyone to check out 'How to Get Good Grades' on wikiHow. It really keeps me motivated.
for exam preparation, andtry not to let the stress get to you! Remember: you've got this. Procrastination can be tempting, but starting your revision early gives you a huge advantage for your exam preparations. Create a realistic study timetable and prioritise subjects based on difficulty and exam dates. Use tools like digital calendars or apps to set
reminders and block study periods. Remember to schedule buffer days for unexpected delays or last-minute reviews. Make sure you feel as
comfortable and able to focus as possible. For some people, this may mean almost complete silence, for others, background music helps. Some of us need everything completely tidy and organised in order to concentrate, while others thrive in a more cluttered environment. Think about what works for you and take the time to get it right. A well-
organised study space is an important part of your overall exam preparation strategy to help you focus better. Move beyond simply reading notes and engage actively with the material for better retention. You can make use of techniques like; Mind Mapping: Draw visual connections between key ideas, helping you organise and remember complex
topics more effectively. Flashcards: Use traditional cards or digital tools like Anki for spaced repetition, a proven method to strengthen memory over time. Teach someone else: Explaining concepts to a friend, family member, the best technique
for you may vary depending on your learning style, the subject matter, and how you process information. Experiment with these strategies to discover what works best for you! Practicing past papers is great but go a step further by simulating actual exam conditions. Set a timer, use a quiet room, and follow the real exam format. This practice can
help manage time effectively and reduce anxiety. Study techniques like the Pomodoro Technique can be game-changers. If you're unfamiliar with it, the method involves studying for 25 minutes, followed by a 5-minute break. After four cycles, take a longer break of 15-30 minutes. Use these breaks to stretch, hydrate, or take a quick walk to refresh
your mind. Dont forget to schedule regular breaks like this, as balancing study and rest during the exam preparation stage is essential. Explore apps and tools that can enhance your study experience. Here are a few popular ones: Quizlet: For creating flashcards. Forest App: To stay focused and avoid distractions. Google Keep or Notion: For
organising notes and setting reminders. Study Bunny: For exam motivation, featuring a motivational study timer. But remember, technology can be a double-edged sword. Disable notifications to avoid unnecessary interruptions. You may feel like you deserve a treat, or that you don't have time to cook, but what you eat can really have an impact on
energy levels and focus, so keep away from junk food. Keep your body and brain well-fuelled by choosingnutritious foodsthat have been proven to aid concentration and memory. Incorporate foods rich in omega-3s (like salmon), antioxidants (like berries), and complex carbs (like whole grains) into your meals. Stay hydrated by drinking water regularly
and limit caffeine to avoid energy crashes. The same applies on exam day. Eat a good meal before the test, based on foods that will provide a slow release of energy throughout. Sugar may seem appealing, but your energy levels will crash an hour later. Studying nonstop can lead to burnout. Practice mindfulness or meditation to stay cantered. Apps
like Calm or Headspace offer guided meditation and tools especially tailored for students to deal with stress and anxiety better. Also, dont hesitate to talk to someone if youre feeling overwhelmed, support is essential. Physical exercise isn't just beneficial for your body, it can also play a crucial role in improving cognitive function and mental health.
Studies show that regular physical activity can enhance memory, increase concentration, and reduce stress by releasing endorphins. Even simple activities like a 20-minute brisk walk, a short dance session, or light yoga can significantly boost your focus and mood. For even better results, incorporate aerobic exercises like jogging or swimming into
your weekly routine to improve blood flow to the brain. During intense study periods of exam preparation, plan for short physical breaks to recharge. Stretch, take a walk, or try a quick workout to refresh both your best. Check logistics: Double check
the exam venue, time, and any materials or documents required (ex: ID, calculator). Pack essentials: Gather everything youll need, such as stationery, water, snacks, and travel without rushing. Pro Tip: Lay out all your items the
night before to avoid unnecessary stress in the morning! Hope these study tips for exams come in handy for you to ace that test! Good luck! Cramming before an exam can lead to stress, fatigue, and poor retention of information. It's more effective to study regularly over time, allowing for better understanding and long-term memory. How you study
for exams actually depends on your learning style. So, it's important to identify your learning style, experiment with different study methods, and select a method or methods that work best for you. Once you have it figured out, you'll be able to study methods for different learning
styles to give you a kick start: Visual learners: Try recording your notes or listening to podcasts to review material. Kinesthetic learners: Engage in active learning by practicing past papers or teaching others. Logical learners: Focus on problem-solving and
breaking down complex information into structured steps. + 110 others saved this article Preparing for an exam can be stressful and time-consuming, but it doesn't have to be. There's no need to stress out or cram. By doing a couple of simple things ahead of time, you can ensure that
you are confident and ready for anything that comes up on the test. 1Start studying early. Give yourself more than enough time to review material that was covered in class. You might want to gauge how soon to start studying by how much material that was covered in class. You might want to gauge how soon to start studying by how much material that was covered in class.
want to start studying a few weeks prior. However, if you are just taking a test that covers material over a few chapters, a week prior or even three to four days may be sufficient.[1]Only you know how long it takes you to study, so you are the best judge of when to start studying. If the class material is especially difficult for you, start studying early.
Give yourself enough time to truly grasp the material, practice it and then review it. Get a full night's sleep before the exam. Your brain needs time to subconsciously digest everything you've put into it, so start early so you don't have to stay up all night. [2] 2Read through the entirety of your notes that will be on the exam. It will refresh your memory
of the material and help you remember what you learned. It will also help to make you aware of all the information in your notes, where it is located in your notes are sufficient enough to study from. Did you miss any classes? Are some of
your notes missing? If so, you might need to borrow someone else's notes. Advertisement 3Get some good note taker, or if there are holes in you're not a good note taker, or if there are holes in you're not a good note taker, or if there are holes in you're not a good notes. If you're not a good notes are notes. Good notes are notes are notes. Good notes are notes are notes. Good notes are notes are notes are notes. Good notes are notes are notes are notes. Good notes are notes are notes are notes are notes are notes. Good notes are notes are notes are notes are notes are notes. Good notes are notes. Good notes are 
or highlight information and make it easier to understand and remember.[3]If you only have five pages of notes, but your friend has twenty, then you probably missed some important information. Compare your notes to your friend has twenty, then you probably missed some important information.
your studying process is to find out what is on the test directly from your teacher. Many teachers will provide some guidance on what will and will not be covered on the test. Knowing which material that you need to study.[4]Your teacher most likely won't tell you exactly what is on the test,
but he or she might give you some pointers by handing you a study guide, or simply announcing what the exam will cover. Advertisement 1Re-read your notes. Start with the most basic information. So, if you're studying an art history unit on
impressionism, make sure you know what impressionism means. Who were the most famous impressionists at the time?[5]Ask yourself, who, what, where, when for each theme/subject matter that you are supposed to know for the test. You can look up information online to study from, but the best information to study from is the information presented
to the class because the answers will be derived from your classroom materials. Sometimes information on the internet can vary from the information provided on the internet, stick with sources that end with .edu or .gov.EXPERT TIP Ted Dorsey, MA Academic Tutor Ted
```

Dorsey is a Test Prep Tutor, author, and founder of Tutor Ted, an SAT and ACT tutoring service based in Southern California. Ted earned a perfect score on the ACT (36), SAT Subject Test in Literature (800), and SAT Subject Test in Math Level 2 (800). He has a BA in English from Princeton University and a MA in Education from the University of California, Los Angeles. Remember to also study the topics that you're good at or know well. While you will definitely want to work on a reas of weakness, you should also go back over your areas of strength. It can be easier to improve a grade by doing really well on a subject you're already good at than completely re-learning something that you don't know as well, but writing the information down really helps you retain it better. Make sure to write down concepts that you are struggling with or are

influenced each happening. Knowing these side notes should help you to recall information because they increase your level understanding. Skerview your syllabus. The syllabus is an outline of wexpitting that you should have hearted over the course of the class. Pix a good pix and the power of the class. Pix a good pix and the power of the po	having a hard time remembering (Dilevek down complex subjects time testing or parts. For instance, if you are trying to learn the order of historical events, list out each overthe that implicated each happenent, Knowing bees due notes should beliep you to reveal understand major dees and not look as the reveal in the product of the course of the cour	
		influenced each happenings. Knowing those sides notes bould bely you to recall information because they increase your levels of understanding. Skreiwey your syllabus. The syllabus is in outline of everything that you should have learning from the cleas. He've and the sections that you! Interest the cleas they was a contract of the syllabus. Then, go through your notes to see if you have any notes at all on those topics. One again, if you don't, you should ask someons for notes on those topics, and reveal the sections in the book praining to home upics. Anything outlined in the book of the you were a sections in the book praining to home upics. Anything outlined in the book of the you were were also the book that you were have differed to present the sections of the book for the syllabus. Then, go through your notes to see if you have any notes at all on those topics. One again, if you don't, you should ask someons for notes on those topics, and reveal the book particularly the present of the pres
Concernity conversity and a mean concernity of Concernity of Concernity of Concernity of the Conversity of Concernity of Concern	DEST. MERK I DAG DO IDEA DOW TO DEBUTE FOR IT. DIT SITEL FESTING THE THE MOLE CONTIDENT. THIS SELECT KEENS WE WOULD FOUND TO CHECK OUT, HOW TO CHECK OUT, HO	
ext week, I had no idea how to prepare for it, but after reading this article I feel more confident. This article keeps me motivated."" more Share your story		

How do i prepare for an oral exam. How long to prepare for an exam. How do i prepare for an english exam. How to prepare for an examination. What to do before an exam. How do i prepare for an english exam. How to prepare for an exam.