

TIPS FOR YOU FOR FINAL EXAMINATION

Schedule in study breaks

Don't plan to study non-stop for the next five days. You'll go insane, and you'll be too fried to do well on the exams. When you write your schedule, include short study breaks to help you recharge. You'll feel so much better and will be able to concentrate so much more.

Schedule in sleep

Some people can function well on three hours of sleep a night. Most cannot. You'll do much better during exams if your mental state is good, and sleep is essential for this.

Exercise

There's no better source for stress relief. Just don't over do it to the point that you're procrastinating heavily. Go for short, stress-relieving activities, like outdoor or board games . And don't underestimate the value of a brisk walk.

Prioritize

You have limited time to study and will have to choose what to spend the most time with. Choose what chapters you want to focus on know them well.

Ask your teachers/parents/friends siblings for help

If you're confused about your notes or the readings, go to the resident expert. This works much better if you don't put off studying until the last minute. It's a good idea to read through all of your notes before you start to study, so that you can inquire early about things that confuse you.

Eat Frequent Small Meals

Avoid eating a big meal before a study session. Too much food will send your body into a 'rest' mode. On the other hand, don't starve yourself either. Frequent small meals are best.

Study When You're Sharpest

Study according to your body-clock. Are you sharpest in the morning or at the evening? Schedule your most difficult materials when you are mentally at your best, and schedule the easier ones when you are mentally less efficient.

Drink Water Often

Drink plenty of water during a study session, especially when you feel sluggish. Caffeine may help you to stay awake, but it can increase your anxiety - use it in moderation.

Don't Get Too Comfortable in Your Chair

Choose a chair that supports your back. It should be comfortable, but not too comfortable. Just like an athlete during a performance, your body should be relaxed, so that all your energy goes to where it matters - your brain.

Clear Your Desk of Everything You Don't Need

Have everything you need on the desk. Put away what you do not need for the study session.

Take Breaks Every Hour

It is important to take a break before you feel tired and lose your concentration completely. Regular breaks at least once an hour helps to sustain your concentration. If the work is not going too well and you have difficulties in concentrating, you may need a long break and go back to it later.

Stretch During Your Breaks

Know and respect your concentration span which will vary from hour to hour and from day to day. When you sit for long periods, gravity draws the blood to the lower part of your body. When you take a break, take a few deep breaths and get more oxygen to your brain: try walking around and doing some light stretching for a few minutes. It will help to release tension in your body, and help your circulation.

Study at the Same Time, Same Place

Study at the same time and at the same place, devoted to study only. This helps you to associate the time and place with studying and concentrating. You will find that you get into a habit of studying as soon as you sit down.