

Tips for Successful Exam Preparation

Midterms and finals can be a frustrating and exhausting experience if a student is not properly prepared. Here are five tips for better exam preparation:

- **DON'T PROSCRASTINATE**
Don't wait until the night before to begin studying for your exam. Procrastination can cause you unnecessary stress and sets one up for failure. Instead, try to plan ahead. Look at your exam schedule and begin studying for your first or hardest exam now.
- **FIND A QUIET PLACE TO STUDY**
Studying for exams takes a great amount of concentration and focus. Find a space to study that is good for concentrating and effective learning. It should be quiet, comfortable, and distraction-free (no cell phones or social media access).
- **STUDY WITH A PARTNER**
Find a classmate or a friend with whom to study. This can be extremely beneficial if you are both preparing for the same exam. However, remember to stay focused. Studying with a partner might be helpful at times, but it also might cause you both to get easily distracted.
- **GET ENOUGH SLEEP**
Pulling an all-nighter right before an exam is not recommended. While most college students think studying the night before will help them learn and remember the content better, it might have an opposite effect. Sleep deprived students can't easily concentrate on exams, and cramming the night before can actually reduce the amount of information you retain. Well-rested students, however, are much more relaxed and alert when it comes to taking their exams.
- **CREATE STUDY CARDS**
Take the time to create study cards, which can be quite useful in your exam preparation process. You can create cards to study important terms and concepts, formulas, and even quotes from reading assignments.

On the Day of the Exam

- Arrive early, making sure to confirm your time and location of exam well in advance.
- Get a good night's sleep to ensure you are awake and alert for the exam.
- Don't take an exam on an empty stomach, make sure to have a balanced meal and to stay hydrated.
- Make sure to bring all essential testing supplies.
- Look over your notes and study materials right before beginning the exam to refresh your memory.

<http://collegetips.com/college-classes/exam-tips.php>