

Exam Cram-Don't Do It!

Strategies and tips for doing well on exams and reducing test-taking stress

1. Study Smart

- *Start now, start today
- *Find a good place to study
- *Know your learning style

2. Organize and manage your study time well

Failing to plan is planning to fail

- * Prioritize your work
- *If something seems too big, break it down
- *If you have something to memorize, work on it first, and then review it again at the end of the study session
- *Study your least favorite subject first to get it out of the way
- *Alternate assignments (read for English, work math problems, then science)
- *Take small breaks for every 30 to 40 minutes of studying

3. Start test day on the right foot

- *Get a great night's sleep. Do not stay up all night cramming-It will not do any good!
- *Eat a good breakfast (eggs, whole grains, fruits, and yogurt)
- *Come to school on time or even a little early

4. Test taking strategies

- *Read over all the instructions first
- *Be sure you understand all the questions first before you answer
- *Do easier questions first
- *Answer multiple choice questions in your head first, then pick the answer that matches
- *For essay or short-answer questions think, organize and brainstorm before you write
- *Review your work and check over your answers before handing in your paper

5. Reducing test anxiety

- *You are prepared-so relax!
- *Take deep breaths
- *Picture yourself taking the test and doing well

6. Believe in yourself-You can do it!

- * A positive attitude makes all the difference!
- To succeed, we must first believe we can***