

Tips for Exam Success

With final exams just around the corner, it's important to start thinking about study habits and how to get the grades that you want! Here are 9 tips to get you started:

1. **Don't leave anything until the last minute.** Giving yourself enough time to study will pay off in the long run, and you will be less stressed as a result.
2. **Sleep, Sleep, Sleep!** Getting the right amount of sleep is ideal for concentration and focus. Try to get into a regular sleep schedule that allows you to get between 8-10 hours of sleep per night.
3. **Organize your space.** Studying at an organized desk is beneficial for many reasons. It eliminates distractions and keeps you more alert than if you are studying on your bed or couch, where the temptation to relax or nap is strong.
4. **Set out a timetable.** Organizing your time and planning out a "to-do" list helps you feel more accomplished at the end of the day. It also makes the amount of work you have to do look manageable—plus the satisfaction of crossing out something you've accomplished feels great.
5. **Study with friends.** If you know someone studying for the same exam, plan a study group. You can motivate each other, and ask questions if you aren't sure about something. HOWEVER, if you can't study productively with friends, it might be best to skip this step.
6. **Use strategies that work for you.** Each student learns differently. Try different methods of studying and find out what works for you. Some suggestions include flash cards, reading out loud, testing yourself, creating acronyms, concept maps, and diagrams.
7. **Eat healthy & drink plenty of water.** While junk food may seem like an ideal studying meal, eating nutritious food will give you more energy and will help your brain stay focused and alert. Pre-planning and considering meals ahead of time will help with this. Your brain also works best when you are hydrated; so don't forget about the water!
8. **Relax!** Plan something fun like a movie night with your friends or an end-of-semester dinner with family. Just because you have to study doesn't mean you have to have your head in the books all day. In fact, leaving time to socialize is an important key to reducing stress. That way, instead of procrastinating online, you can work hard in anticipation of a planned event.
9. **Be upfront with your family members.** Exams are stressful enough without added possible tension at home. Discuss making quiet hours in the house, reaffirm a system for supporting one another at home, and make sure everyone is aware of expectations during this time. If you're honest with each other before exams begin, you won't have to try and deal with chores or noisy family members at 11 PM the night before your exam.

Good luck!