

HOW TO STUDY WELL FOR YOUR EXAMS?

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ABSTRACT

Learning how to study well can help you score good grades and build confidence before your exams. Whether you are preparing for an exam, quiz, or assignment, developing good study habits will improve your productivity and prepare you for student success. Knowing how to study effectively will give you advantages for your life. If you follow the tips below you will be on your way to discovering which type of studying works best for you.

Keywords: study, exam, study techniques, student, study skills, habits, studying effectively, learning style.

АННОТАЦИЯ

Научившись хорошо учиться, вы сможете получать хорошие оценки и обрести уверенность перед экзаменами. Готовитесь ли вы к экзамену, викторине или заданию, выработка хороших привычек в учебе повысит вашу продуктивность и подготовит к успеху в учебе. Знание того, как учиться эффективно, даст вам преимущества в жизни. Если вы будете следовать приведенным ниже советам, вы будете на пути к тому, чтобы узнать, какой тип обучения лучше всего подходит для вас.

Ключевые слова: учеба, экзамен, методы обучения, студент, учебные навыки, привычки, эффективная учеба, стиль обучения.

INTRODUCTION

When we are studying it seems like we have not got enough time: 24 hours in a day are not enough to preparing for exams. But all these complaints cannot change

your score. Instead of complaining we should take action and find our methods of studying.

RESULT

Good study skills can increase your confidence, competence, and self-esteem. They can also reduce anxiety about exams, tests and deadlines. By developing effective study skills, you may be able to cut down on the numbers of hours spend studying, leaving more time for other things in your life.

DISCUSSION

Let's discuss how to study well or effectively for exams and tests. To improve your grades, you can either spend more time studying, or you can learn to study smart. That's how many hours there are in a week. If you're a student, you probably feel like this is not enough. After all, you have so many assignments to do, projects to work on, and tests to study for. Plus, you have other activities and commitments. And you want to have a social life too. Wouldn't it be nice if you could study smarter (not harder), get good grades, and lead a balanced life? Of course it would. The main aim of education is not to get straight high marks. But learning how to learn is a crucial life skill. So here are some ways to learn faster and effectively:

Discover your learning style

Most of us have a preferred way of learning. Get to know the learning style you're most comfortable with and study in the ways you learn best.

Note that these styles are just a way to think about different studying techniques – they're not hard and fast rules that say you should only study in one way. Try each of these out and see which ways you prefer.

- **Auditory learners** prefer to learn by listening. Try reading your notes aloud and discussing them with other people. You might like to record key points and play them back.
- **Visual learners** prefer to learn by seeing. Try using colors in your notes and draw diagrams to help represent key points. You could try to remember some ideas as images.
- **Tactile/kinesthetic learners** prefer to learn by doing. Try using techniques like role-playing or building models to revise key points.

Create a study space

Set up your study space. It's great if you have a desk for studying, but a table will also work great. Make sure your space has good lighting and remove any clutter

or distractions that might break your focus. Place the materials you need to study, like pens, highlighters, and a notebook, near the area so they're handy.

- It's okay to switch up your study spot if that's more convenient for you. For instance, you might like studying at the library or a coffee shop sometimes.

- Play music while you study so it's more fun. Create a playlist of songs that inspire you but aren't distracting. You might try instrumental music if you get distracted easily, but it's okay to listen to whatever you like.

Create a schedule

Create a daily study schedule for yourself. Rather than trying to do all your studies in 1 day, plan to study a little every day. Start by choosing the time of day when you feel the most focused. Then, decide which subjects you'll study each day. Keep your study schedule in your agenda or somewhere you can see it every day.

Organize your materials

Organize your study materials so it's easy to find what you need. You probably have a lot to do, so you need to spend your time wisely. Keep all of your papers, notebooks, texts, and writing utensils in a specific place so you don't waste precious study time looking for them. This way you can quickly pull out what you need and get started.

Remove distractions

Remove distractions so you can stay focused on your studies. You'll have an easier time focusing if there aren't distractions around. Ask the people around you to not disturb you while you're studying. Additionally, turn off your TV and silence your phone so you won't be tempted to check it.

Review and revise

At least once a week you should go back over the things you've studied in class. Thinking things over can help you to understand the concepts and help you remember when you need them the most.

- **Quiz** – Get a friend or family member to quiz you on key concepts. Offer to help your friends with their work too. Quizzes are great ways to get confident about what you know and find out what you still need to learn.

- **Make your own study materials** – Think up some practice exam questions or create your own flash cards to help you study. This way you learn it all twice: once when you make the study materials and once when you use them to revise.

Take a break

Take a 10 to 15-minute break every hour you study. You want to use your time wisely, so you might think breaks are a bad idea. However, trying to focus on your

studies for too long can cause fatigue. Instead, schedule breaks into your study sessions so you can burn off a little steam. When you come back, you'll be refreshed and ready to pick back up where you left off.

Eat a healthy snack

Eat healthy snacks to energize your mind. Snacking while you study can help you stay focused and might help you study longer. Just make sure you choose healthy snacks over junk food. Keep your snacks near your study space or grab them when you take a study break. Here are some snacks that can help you stay focused while you study:

- Fruit
- Almonds
- Popcorn
- Carrots
- Darkchocolate
- Greekyogurt
- Appleslicesandpeanutbutter
- Grapes

Stay motivated

When you're studying it helps to keep in mind your reasons for doing all this hard work, like a course or career you're working towards. It can help to have something in your study space to remind you of your goals.

You could also decorate your study space with inspirational quotes or photos of people you admire and family members you want to make proud of you.

Get a full night of sleep

Sleep 8-10 hours a night so you're well-rested. Teens aged 14- to 17-years-old need at least 8 hours of sleep every night for good health. If you are sleep deprived, studying will feel like a chore. You won't learn nearly as much information sleepy as you will after a good night's rest.

• If you're 18 or older, you need 7-9 hours of sleep each night, while kids who are 6- to 13-years-old need 9-11 hours of sleep.

Do exercises

Exercise is good for your body. It's also *very good* for your brain.

Various studies have shown that exercise:

- Improvesyourmemory
- Improvesyourbrainfunction
- Reduces the occurrence of depression

- Helps to prevent diseases like diabetes, cancer, and osteoporosis
- Enhances your sleep quality
- Reduces stress
- Improves your mood

So to study smarter, exercise at least three times a week for 30 to 45 minutes each time. You'll be healthier and more energetic, and you'll remember information better too.

Test yourself

Test yourself to review what you've studied. At the end of each study session, set aside 15-20 minutes for a self-test of the material. Do a practice test if you can, but you can also flip through your flashcards or block off parts of your notes to see if you can remember the information. This can help you retain more of what you studied and helps you identify the material you need to study again.

CONCLUSION

These tips are only some of the things you can do to get the most out of your studying. You might already have other things that work better for you. Find out what your friends do when they're studying. Maybe your teachers have some good recommendations too.

Whatever it is, whatever strategy you come up with, when you find something that works for you, put it into practice and go for it!

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