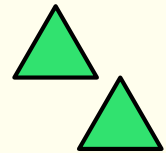
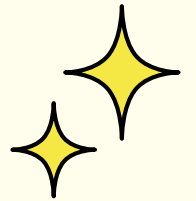


How to study well for
achieving exams?!

Prof: Amgad gabr





Setting a plan for later

- Review your syllabus
- Pay attention in class
- Take good notes.
- Make studying a part of your habits
- Ask about the exam format



Review your syllabus

Figure out when all of your exams will be and how much of your grade they are worth. Put these dates on your calendar or planner so they don't sneak up on you!

Plan review sessions beginning at least a week in advance of each exam. Ideally, you'll do several mini-reviews well in advance, gradually increase the time in which you study, rather than trying to cram everything into one mega session the night before the test.





Pay attention in class

Paying attention while you're in class will help you immensely once exam time comes. Don't fall into the trap of thinking you'll just "absorb" knowledge; be an active learner. Try sitting at the front of the class, this will make it easier to focus.

Listen carefully, because teachers often give hints like "The most important thing about this topic is...". Or they may just place emphasis on certain words and issues. This is the real key to testing well. The more you absorb the information early on, the less studying you'll need to do.




Take good notes.

Learning how to take good notes will help you immensely once it comes time to study.

Write down everything your teacher writes on the board or puts up in slides. Try to record as much of what the teacher says as possible, but don't allow taking notes to distract you so much that you forget to listen.

Review your notes daily, right after class. This will help reinforce the information you just learned.



Make studying a part of your habits

It's easy to view studying as something that only gets done at the last minute in a huge overnight cram session. Instead, try setting aside some time every day to study. **Scheduling** it just like another appointment or class may help you stay motivated to continue the habit



Ask about the exam format

Ask your teacher what format the test will be in, how it will be graded, if there are any opportunities for extra credit, and if they would be willing to talk to you about highlighting in your notes, what the most important broad subjects will be, etc.

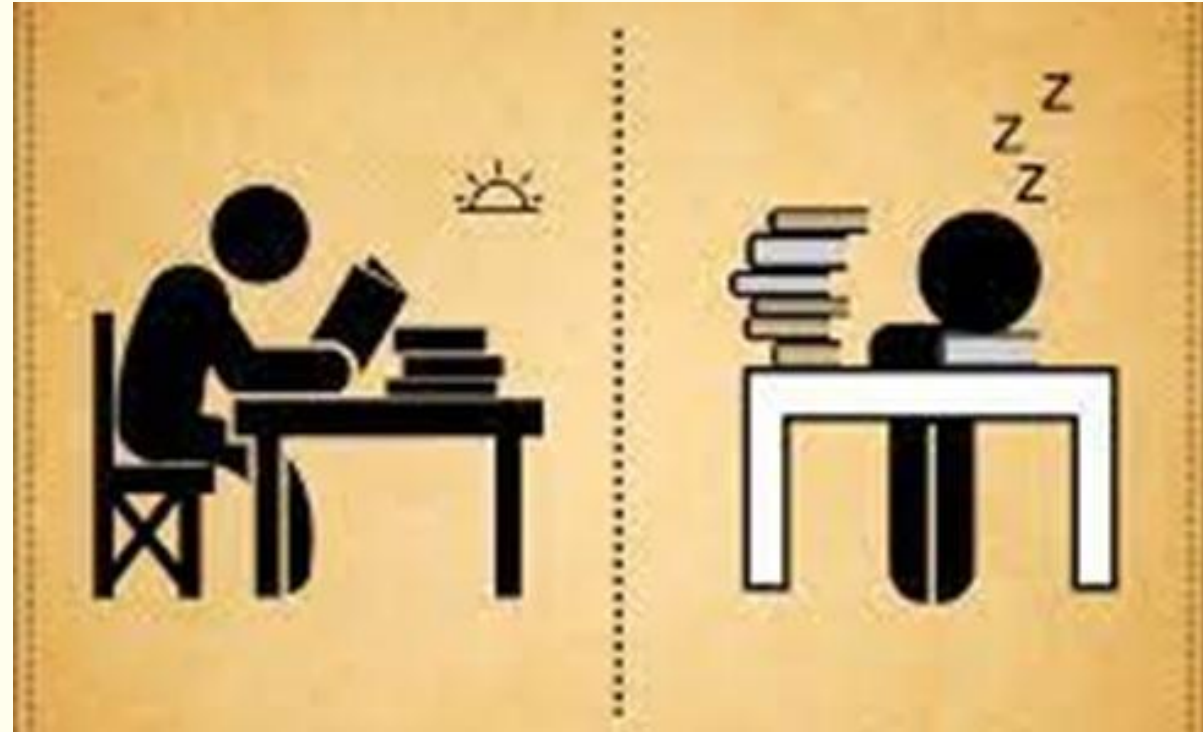


Studying Efficiently

- Find the right hours
- Start as early as possible
- Study for your learning style
- Adjust your study techniques to fit your subject.
- Think of your teacher and ask help

Find the right hours

Don't study when you're really tired. It's better to get a good night's sleep after studying for a short time than to push on at two in the morning. You won't remember much and you're likely to see a performance drop the next day.



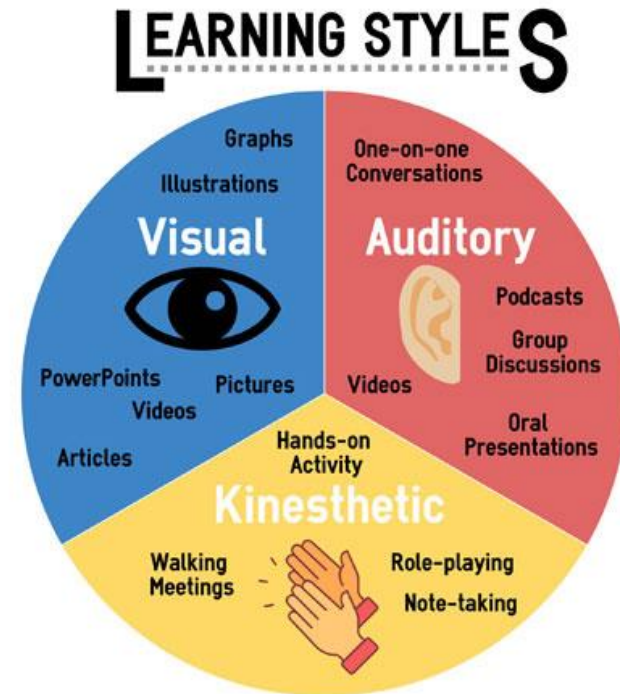


Start as early as possible

Don't cram. Cramming the night before is proven to be ineffective, because you're taking in so much information at once that it's impossible to memorize it at all — in fact, you'll hardly retain anything. Studying before and going over it multiple times really is the best way to learn the material. This is especially true with things like history and theoretical subjects.

Study for your learning style.

If you're a visual learner, using pictures can help. Auditory learners should record themselves saying notes and recite it afterwards. If you are a physical person, lecture to yourself (out loud) while also using your hands or moving around; this way it will be easier for you to memorize



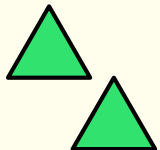


Think of your teacher

Ask yourself: What is my teacher most likely to ask on the exam? What materials should I focus on to give myself the best chance of knowing what I need to know? What trick questions or wrinkles could my teacher introduce that might throw me for a loop? This may help you focus on the most important information, rather than getting stuck on things that might not matter as much.



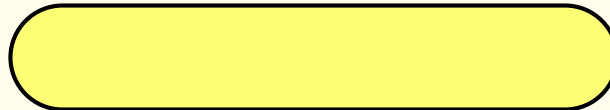
Maintaining Your Motivation



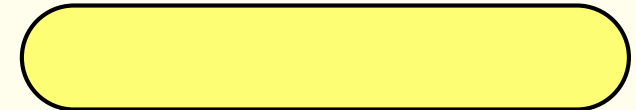
Take breaks.



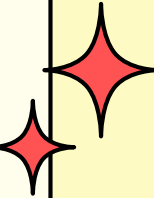
Think positive but work hard



Work with others



Call for help



Take breaks

You need some time to have fun and it is better to study when you are feeling relaxed than to exhaust yourself studying all day! Carefully structure your break and study time. Usually, 20-30 minutes of study and then a 5 minute break is the most effective method.





Think positive but work hard

Self confidence is important; focusing on how little you've studied or how badly you think you will do on the exam just distracts you from working on achieving success. However, this doesn't mean that you shouldn't study hard. You still need to work at it, even if you have confidence in yourself. Confidence just keeps away roadblocks to success.

Work with others.

Arrange study dates at a library with your friends to compare notes or explain things the other one might not understand. Working with other people can help you cover gaps in your own knowledge and also help you remember more information, since you may have to explain things to them or have conversations about the topic. It's also a great way to stay motivated



Download from
Dreamstime.com
This watermarked comp image is for previewing purposes only.

29637816
Rido | Dreamstime.com



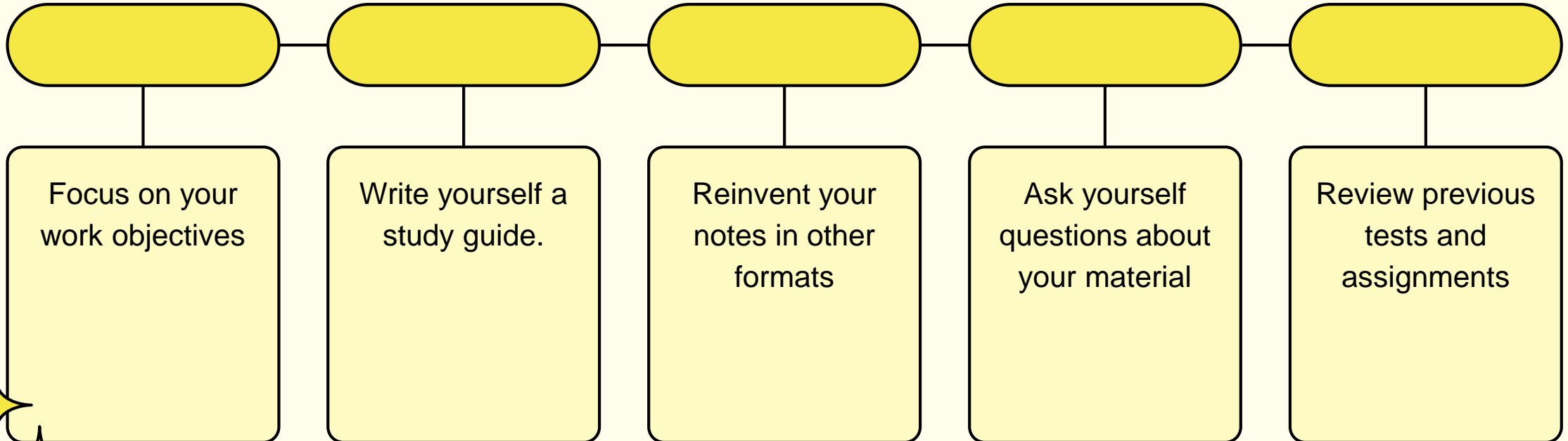
Call for help

If you're stuck on a subject, do not be afraid to call a friend and ask for help. If your friends cannot help, ask a tutor for help.

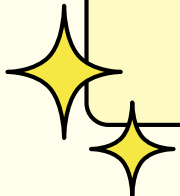
If you have time before your exam and find that you're not understanding material, ask if your teacher will go over it with you.



Organizing Your Learning



Focus on your work objectives



Write yourself a study guide.

Reinvent your notes in other formats

Ask yourself questions about your material

Review previous tests and assignments



Focus on your work objectives

What do you intend to accomplish during this session? Setting a concrete study goal may help you. Creating study plans is also a good idea. If 3 out of 5 lessons are easy and can be finished fast, finish them first, so you can spend quality time on the difficult lessons without fretting. Also, keeping a folder for your exam reviews is a good way to keep organized.



Write yourself a study guide

Go through your notes and rewrite the most important information. Not only will this give you a more focused way to study, but creating it is another form of studying! Just don't spend too much time on the guide itself: you need to have time to go over it too!



Reinvent your notes in other formats

Rewriting your notes is great if you're a kinesthetic learner. Mind mapping is the most effective way of doing this. Also, when you re-write something, you will probably think about what you are writing, what it's about, and why you wrote it down. Most importantly, it refreshes your memory. If you took notes a month ago and just found out that those notes will be relevant in your exam, rewriting them will remind you of them when you need it for your exam.



Ask yourself questions about your material.

This can help you tell if you have remembered what you just studied. Don't try to remember the exact wording from your notes in your answer to yourself; synthesizing that information into an answer is a much more useful tactic. It can also help to say the answers to your questions out loud, as if you were trying to explain it to someone else.



Review previous tests and assignments.

If you missed questions on previous work, look up the answers and understand why you missed these questions. This is particularly helpful if the exam you're studying for is cumulative or comprehensive, meaning it covers things you also covered earlier in the course.



Creating an Optimal Environment for Learning



01

Study in a clean , quiet and orderly room

02

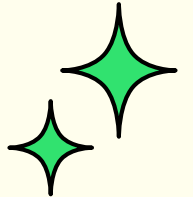
Turn on the light!

03

Turn the TV off

04

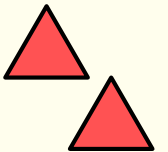
Decide if music is right for you





Study in a clean , quiet and orderly room

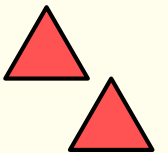
- Keep anything and everything away from where you are that may cause you to get distracted. Jumping up to read a text message on your phone or periodically checking social media is ill-advised whilst studying.





Turn on the light!

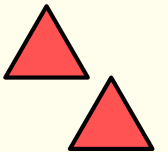
- Studying in a dark room is not recommended. Add lamps at night, or in the daytime, open the window coverings (open the window a little, too). People tend to study and focus better in a brighter, oxygenated room with little noise.






Turn the TV off

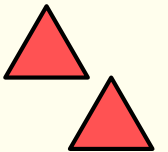
- While many students believe that they're good at multitasking, such as studying with the TV on or while chatting online with friends, research suggests that this is not true for the vast majority of people. **For better studying performance**, eliminate distractions such as TV and loud music with lyrics





Decide if music is right for you

- Music's effect on memory performance varies between individuals. Some studies have found music to aid the memory performance of individuals with ADD/ADHD, while reducing it in individuals without the disorder.





Preparing Yourself for Test Day

- Get plenty of rest the night before
- Eat a healthy, light meal
- Bring a snack. If your exam is a long one,
- Get to the exam room with time to spare
- Do the questions you know first