

STUDY TIPS

1. REMEMBER, Exam is not a parameter to evaluate your worth. Exams assess your strengths and knowledge. So, focus on what you know.
2. Getting organized is very important. Have all the study material for various subjects in different folders so that you are not searching for your books.
3. Summarising reduces the amount of material you have to remember while helping you to learn
 - Once you've studied a section, reduce the main ideas to key words that can be memorised.
 - Being able to explain something in your own words is the only way to be sure that you really understand it and know it well. It's also one of the best ways of preventing exam stress.
 - Stick the Post-its up in places where you won't miss them
4. Try to follow your learning style. If you are a visual learner then learn by making diagrams and flow charts. If you are Auditory learner then record your answers or tell your parents to record them for you and keep listening to them. Read aloud, go over your notes and talk to yourself about the important points. If you are a verbal learner then read the text and underline to learn better. If you are a kinesthetic learner then walk around in the room to learn and do stretching exercises more often while studying.
5. Create mind maps to facilitate memory.
6. Use first letter techniques to learn points eg- VIBGYOR stands for colours of the rainbow.
7. Have flow charts with keywords for revision during prep leaves.
8. Don't discuss answers after exams. Don't start evaluating your answers. Don't make self predictions about marks. Just relax and start preparing for the next exam.
9. Don't involve yourself in self criticism. Avoid irrational beliefs like " I will never be able to deal with maths".
10. Have SMART goals (Specific, Measurable, Achievable, Realistic, Testable). Make daily target for a week so that when you are studying one subject, you are not worried about the other.
11. Solve previous year question papers/ sample papers to understand better. This will give you an opportunity to estimate how much time to spend on every question. You will also learn test taking strategies.
12. Research suggests studying the same stuff in a different place every day makes us less likely to forget that information. Every time we move around, we force the brain to form new associations with the same material so it becomes a stronger memory.
13. Drink plenty of water and juices. Avoid too much of tea or coffee. Exercise and good nutrition cannot only help control your stress levels, but it can also maintain your emotions stable.
14. Follow your body rhythm. Identify the time when you are most alert. Do difficult chapters when you are more alert.
15. Remember to carry 4-5 pens and all the other required stationary.

Ask for help. Don't hesitate to take help from your teacher or parents.
You can also mail at meenuarora@sanskritischool.edu.in