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these additional studying tips from Adams: Making study schedules: "For standardized tests, [start studying] anywhere from three to four weeks before your test date. For your academic tests, you're probably looking at about two weeks before any big exam." [14] Catching up on rest after cramming: If you've crammed the night before a test, "see if there's a possibility for a nap, because naps put you into your REM sleep cycle and studies have shown that entering REM is helpful for reintegrating memory. Otherwise, find ways to take a break and do your best to refresh your memory with your notes and study guides right up until the test time. That way, you can eliminate some memory loss that you are probably going to have because you didn't have very good sleep." [15] Staying motivated to study: "Part of the problem is that the task ahead is really daunting. Start to think of [how you can] build in breaks or rewards for yourself. Have a plan and then know that you're going to do this thing you don't want to do, but that it gets you to something you do want to do: 'I do want to take a 15-minute break to call my friend or go outside for a walk, but first I'm going to get this task done.'" [16] Staying positive: "Be realistic. If you make a [study] plan and see that it's just not possible and you only get through about 80% of it, you're still going to probably do okay in the class...You've done the best that you can...and you've put in the full effort. After that, it kind of takes this weight off of your shoulders of having to be perfect. Instead, it's, 'I have to do the best I can in any given circumstance. And that's all I can do.'" [17] Advertisement Add New Question Question What is the best strategies for an open book exam? Skim through it. Read for flow. You are not about to read the whole entire textbook while taking the test, when you are most likely timed. You can take notes and skim through those too. Or you can use sticky notes and put them on each page as a summary of the page. The last thing you want to do is re-read the whole entire book. If you are not allowed to use notes in the textbook, then study the notes you would take on a separate piece of paper. At most you need to know generally where things are in the book so that you can find them quickly for the answer. Question I have a big closed-book exam in science. I have to memorize, apply and analyze information. There are about 300 words and 100 concepts. I can't use anything other than my brain and a pencil. You may have to make flash cards or ask the teacher for a study guide. If that is applicable, try to make a game on Kahoot. You may need an account, but it's free. Ask a Question Advertisement Thanks Thanks Thanks The advice in this section is based on the lived experiences of wikiHow readers like you. If you have a helpful tip you'd like to share on wikiHow, please submit it in the field below. If you're unsure of a question, jot down the problem number on a separate piece of paper to remember to return to it. This keeps you from spending too much time on it so you have more time to answer questions you do know. Before the test, prepare a list of questions the test might have. This gives you an idea of what might be on the test and helps you prepare for it. For exams that have both theories and calculations, create a separate sheet that just lists the formulas you need. Advertisement Thanks Thanks Thanks Advertisement This article was co-authored by Jake Adams and by wikiHow staff writer, Sophie Burkholder, BA. Jake Adams is an academic tutor and the owner of Simplifi EDU, a Santa Monica, California based online tutoring business offering learning resources and online tutors for academic subjects K-College, SAT & ACT prep, and college admissions applications. With over 14 years of professional tutoring experience, Jake is dedicated to providing his clients the very best online tutoring experience and access to a network of excellent undergraduate and graduate-level tutors from top colleges all over the nation. Jake holds a BS in International Business and Marketing from Pepperdine University. This article has been viewed 330,007 times. Co-authors: 19 Updated: October 29, 2024 Views: 330,007 Categories: Tests and Exams Print Send fan mail to authors Thanks to all authors for creating a page that has been read 330,007 times. "The article helped me. Time management is very important and always when I read I should indicate the keywords, I should take notes of important information and nevertheless I should rest enough before the exam."... more Share your story

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