STUDY FOR A TEST

Research shows that cramming negatively affects your body and brain functions - and eventually, your exam results. Here are 7 useful and effective study tips for your next round of examinations.



IDENTIFY YOUR IDEAL STUDY TIME

- # Identify the time your attention and concentration is at its peak
- # Studying during these peak times allows you to breeze through tedious tasks like memorization



PRIORITIZE **DIFFICULT SUBJECTS** WHEN STUDYING

Use your energy and brain power on the more difficult subjects first, save the easiest for last



FIND A **CONDUCIVE PLACE** FOR STUDYING

- 2 Your study space plays a crucial factor in how we execute different tasks
- # Choose a study space that allows you to focus and concentrate
- A space that's quiet, organized and free from distractions is ideal



TAKE A BREAK AND RELAX

- 2 Do not overexert yourself
- prevent your brain from effectively absorbing information
- Take an occasional 5 to 10 minute break between subjects

(or your sanity).



GET ENOUGH SLEEP

A solid night's sleep allows your brain to take a break and prepare for tedious mental activity



EAT PROPERLY

- # Proper nourishment is necessary for the body to function properly
- # Researchers suggest dark leafy greens and carbohydrates are good for the brain

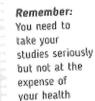


STUDY DAYS AHEAD

- Spread out study time days before the exam to allow enough rest in between study days, and ample time for all subjects
- Planning ahead



- will reduce anxiety from lack of time





For smart and effective study tips visit blog.scitechleaders.com/how-to-study-for-a-test



The National Academy of Future Scientists and Technologists

