

7 SMART TIPS TO STUDY FOR A TEST WITHOUT CRAMMING

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.



1 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



2 PRIORITIZE DIFFICULT SUBJECTS WHEN STUDYING

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



3 FIND A CONDUCIVE PLACE FOR STUDYING

- 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



4 TAKE A BREAK AND RELAX

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



5 GET ENOUGH SLEEP

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



6 EAT PROPERLY

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



7 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

Remember:
You need to take your studies seriously but not at the expense of your health (or your sanity).



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



The National Academy
of Future Scientists
and Technologists

