

ACE YOUR EXAMS

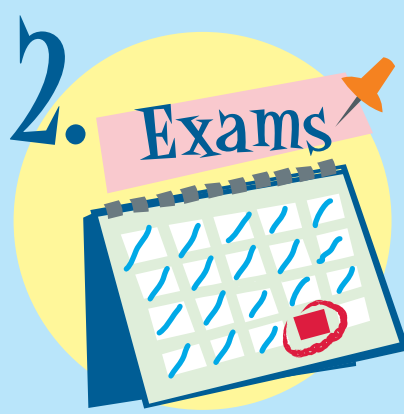


Examinations can cause a lot of anxiety, even among students who prepare well and early for them. Do not worry for help is here, with these tips to help you improve your preparation.



1. Know the content and format

Find out what content will be tested as well as the format of the examination from a credible source i.e. your teacher. For example, the format of your Science examination might be as follows: Paper 1 is Multiple-Choice Questions (MCQ), Paper 2 is Short-Structured Questions while Paper 3 is Practical.



2. Start preparing early

The earlier you start preparing for your exams, the better. Early preparation will ensure that you have sufficient time to revise and understand your work. For topics that you are unsure of, you can clarify them with your teachers or friends.



3. Set aside time for rest and relaxation

Do be careful not to overwork till exhaustion. While it is important to work hard, it is also important to set aside time to rest and relax. In fact, when you are well-rested and relaxed, you will study better.



4. Exercise

Exercise not only helps one to relax, it also helps one to study more effectively. So, do make it a point to exercise.



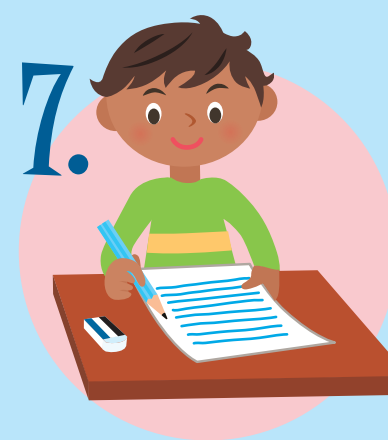
5. Break your study tasks into bite-sized portions

Studying the whole book of any subject will overwhelm any student. Studying the book chapter by chapter will be less overwhelming and allow you to absorb the information better.



6. Take regular breaks during your revision

It is good to take 5- to 10-minute breaks after 45 minutes of studying. These short breaks will allow you to rest for a while and help you to concentrate better for the next 45 minutes.



7. Practise past-year papers

It is always good to practise past-year papers so that you have a better idea of how questions are phrased and you can familiarise yourself with the format of the examination as well.



8. Sleep early the night before your examination

Sleep early so that you will wake up alert for your examination the next day. With an alert mind, you will be able to handle the questions better.

Source:
<http://www.educationuk.org/singapore/articles/exam-tips/>
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