



TIPS ON AVOIDING CRAMMING FOR EXAMS



HERE ARE 7 USEFUL AND EFFECTIVE STUDY TIPS FOR YOUR NEXT ROUND OF EXAMINATIONS.



1. Point out your ideal study time

Find your peak productivity times of attention and concentration.

Studying during these peak times allows you to breeze through tedious tasks like memorization.



2. Have enough sleep

A solid night's sleep is an essential function that allows your body and mind to recharge, leaving you refreshed and alert when you wake up.



3. Eat well

A particular level of any particular nutrition is essential for our body.

Researchers suggest dark leafy greens and carbohydrates are good for the brain.



4. Start with the tough subjects first

As the most difficult subject will require the most effort and mental energy you should start with it first, and save the easiest for last.



5. Plan study sessions in advance

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.



6. Find the perfect study environment

Learning environments play a crucial role in student success.

Set up a study space that allows you to focus and concentrate.

A quiet, undistracted place really is the most productive when it comes to studying.



7. Take a break and relax

Do not overexert yourself.

Exhaustion will prevent your brain from effectively absorbing information.

Take an occasional 5 to 10 minutes break between subjects.