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EFFECTIVE EXAM PREPARATION STRATEGIES FOR STUDENTS

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ABSTRACT

The article presents the elementary mistakes that students make every day, and we offer some strategies for eliminating them advising them what students should do in a week, one day before and even on an exam day. These strategies help students to be prepared effectively for the exams and stay silent and feel comfortable on the exam.

Keywords: exam, study tips, midterm, learning style, review, healthy position, semester, managing time, stress, note.

INTRODUCTION

Man lives constantly striving for knowledge. A person who has stopped learning cannot grow, will not grow. Never stop learning, because life never stops teaching us. Every time we learn something new, we say that we have learned perfectly in our imagination, so it becomes enough. But in practice, there should be done a lot. As a student you must practice your knowledge for a lot of times. Initially, on exams, then in real life, in your career path, most students face a lot of misunderstandings and daily faults during the semester, so they can't pass the exams. Their fault may happen as student's character, not capability of managing time, not discovering own learning style and having difficulty in comprehending lessons, embarrassing to ask teachers for help, not using useful strategies while doing lesson or not being physically, mentally prepared for the exams. None of the reasons mentioned above are impossible to overcome. Remember, there is always another option! This article may also chance for preparing for the exam effectively and pass it successfully. Here we want to present a number of effective, reliable, strategies that will greatly contribute to students' success in exams.

METHODS AND MATERIALS

1. Start preparing for exam from the first lesson of the term.

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If you are a freshman in college or university, midterm and final exams may seem scary to you. Some students think that it is not important to take an active part in daily lessons, the most important thing is to pass the final exam (test, project, dictation, essay, etc.) with a high or satisfactory grade. But this is wrong. The reason is that all of the final exams are taken on the topics covered during semester and if you do not acquire each of the topics passed, you can't pass of any part of the exam requirements. In order to not fail the exam, it is recommended to go to the course regularly, learn lessons, take notes of your understandings and do homework completely every day. If you take notes for every lesson, it will benefit a week before exam. Because, instead of reading all information again, you review easily, fast by your notes.

2. Ask questions and request help when you need it.

The students are really different. Many students are very curious, they have a lot of questions when it comes to acquiring a topic, and they feel comfortable when they ask questions from the teacher. But there are also students who are also very curious, have questions over and over again, but are ashamed to ask. If you want to ask a question from your instructor, but you are embarrassed, send an email or ask a friend who mastered well the material that you don't understand. And notice that maybe your friend is interested in explaining the topic to someone to reinforce his or her knowledge. It would be beneficial for you and also for your friend.

3. Take care of your health.

It is important to pay attention to health, always be energetic and alert during study. It is recommended to take a break during study process and exercise during this time. Healthy sleeping and healthy food eating ensure that the student stays energetic about the lessons and attentive to the lessons. Eating healthy food also plays an important role. Instead of fast food, you should eat natural products, nuts and raisins. It is also necessary to take a cultural break from time to time, so as not to get bored of the lessons. Going to the cinema, theater, museums with friends and going back to class will increase the enthusiasm, effectiveness of learning, and attention to the lesson. Always to be in lessons whole day, preparing for class at night, boredom from doing the same homework can reduce a student’s mastery of lessons and lead to unsatisfactory grades.

4. Respect your habits and abilities.

In which situation do you study well? In the morning or after dinner, individually or in a group, by answering questions orally or by taking a test on a topic you have studied. Which part of the day is more focused and energetic? If you are an

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early bird, you will learn the best in the morning. If you are a night owl, you learn well after dinner. Find out for yourself what part of the day you learn best and follow it. It helps you to be focused on the lesson. Find or explore good strategies for yourself, whether you are doing well with a group or individually. For example, when you learn new dictionary, some people can simply memorize it after reading over and over again, while others can memorize by repeating it over and over again and at the end by taking test, while others can remember it well by oral asking and answering with their classmates.

5. Make studying interesting.

Get acquainted with strategies that will give you an energy to study and prevent boredom or help you focus on the lesson:

Listen to classical music. This strategy provides with good mood and prevents focus from distraction. Music with lyrics causes of distraction, therefore, it's better listening to classical music.

Make memorizing information fun and rewarding for you. For example, sing the data as a song or discover acronyms that you understand or take notes and write it to stickers, put them around you.

Move during the lesson. Not just sitting in your classroom preparing for class, but moving around a bit; going out to the dining room, in the fresh air, for example in a park, or in a quiet place like a book cafe, shows that you are benefiting both physically and mentally.

Follow learning styles. Being aware of the learning styles ensures that the student learns in an easy, effective and fun way. When some people hear the material, the other people learn the visual information, and the third group of people learns well through practice.

6. Don't stress.

Do not panic. If you worry, the information you know may also be forgotten. So try to feel calm, take deep breaths with long exhales, it's just an exam. These ones are enough reasons for you to be calm and proactive: you're well prepared, structure your time for each question, first of all, solve tests you know well, believe in yourself and you get a high result in the exam.

CONCLUSION

Coming to conclusion, you always have to go through several stages to achieve something. For example, you have time during the semester to pass the final exam. At this time, it would be worthwhile for you to be ready for the exams, both

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physically and mentally, without any worries, in the direction that suits you. The fact that you have gone through so many hardships to become an institute or college student shows that you will not give up on the challenges you face in achieving your goal. This means that the final exams will not be a problem for you and the above strategies will help you succeed in the exam as a university student.

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