

BRIGHT FUTURE LEARNING CENTER OFFERS EXAM STUDY TIPS

Spring is in the air, and, for most of us, that conjures up visions of blossoming flowers and trees and robins singing. For students, however, it means that final exams are looming on the horizon.

That can increase anxiety levels in students, whether they are in grade school, high school or college. But if you take steps to prepare, it can make the exam process much less stressful.

Paul Dhillon, Founder and Director of Education for Bright Future Learning Center, says, “The better prepared a student is for taking an exam, the less nervous he or she will be. And if a student feels relaxed, he or she increases his or her chances of doing well. Of course it helps to know your subject matter!” Bright Future Learning Center provides homework and study assistance and SAT prep for students grades kindergarten through high school.

Dhillon offers students the following advice for preparing for exams:

1. **Start Early** – Don’t wait until one or two days before the exam to begin studying.
2. **Determine whether your exam will be comprehensive** – Will you be tested on material from the entire semester/year, or only since midterms?
3. **Focus on your notes, class discussions and previous tests** – Exam material will likely be the same content you reviewed in class.
4. **Choose a suitable place to study** – You want few/no interruptions, and as little noise as possible. Only study in groups if it is helpful and not distracting.
5. **Manage your schedule** – You need time to relax and have fun, so reward yourself with breaks and social activities.
6. **Study your favorite or best subject last** – You are more likely to do well on these exams anyways, so concentrate on working through more difficult material, and then brush up on the areas in which you do well.
7. **Study based on your learning style** – Recite or “teach” someone else if you learn best audibly, copy your notes if you learn best through writing, or draw diagrams and pictures if you need visual aids.

And last but not least don’t forget to get a good night’s sleep, as well as eating and some time to relax before your exam!