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**Studying for Exams**

1. **Know when and where the exam will be given.**
2. **Plan your study time.** Allot study time in your planner or daily calendar.
3. **Study multiple subjects.** Don’t study one subject for hours at a time.
4. **Reward yourself.** Have a 5-minute break for every 25 minutes of studying.
5. **Have healthy eating and sleeping habits.**
6. **Don’t depend on study groups.** Know all the content, not just what you are responsible for in the group.
7. **Study what is important.** Use the syllabus, lecture notes, and previous tests or quizzes as guides.
8. **Ask yourself questions as you study.**
9. **Study the most recent material first and work back through the course.**
10. **Relax for the half hour before the test.** Don’t cram!

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