Tips for Studying During the Finals by Mark Bennett

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We all have gone through the midterm or the final term exam fright night. We must have had countless chapters, read the important points and stayed late night memorizing the dates and events. Sometimes it has helped us and at times we get dumb folded when we try to revise the things that we learned. It is like the deals of the telecommunication service providers like Xfinity Deals. How much you get know about the deals, still you will surf the net or call the customer representative to know more about the existing deals and the new ones.

Studying during the last hours can be stressful. Sometimes you may have wished why you didn't concentrate on the studying part while you were hanging out at the malls, theater or the dance club with your friends. At least spending two hours reading a paragraph of your text book would have somewhat helped you during the last precious moments. Anyway, itâ€™s almost the finals week, and as you prepare for the next couple weeks of intense studying, keep these study tips in mind to use your precious time as efficiently as possible.

Do not study continuously

There are several reasons why this is a bad idea. First of all, studying should be done in several short sessions with study breaks in between. This allows for you to reflect on the material and realize what you do and do not know as you go along.

Don't Study all through the night

Studying all through the night and without breaks will not do any good. You should plan ahead for your finals and study a little bit every day. Another reason why studying late at night is bad is because memories are consolidated into long-term memory during sleep, so it is best to study the material before you go to bed and then review it again when you wake up.

Sleep deprived mind is a dead mind

For the most obvious reason is that if you are running on no sleep you may not be able to recall or recognize information very efficiently during your exam. So be sure to space out your studying over the next couple weeks.

Try to elaborate the materials you are learning.

By generating new examples and applying new material to other things that you know, that material is more likely to be transferred into long-term memory. When learning a new concept, think of ways that you can apply it to information learned earlier in the course to make meaningful associations that can be recalled later during the test. Besides that make up new examples other than ones provided by your professor or the textbook so you can think back to those examples on exam day.

Systematically generate information by testing yourself

It can be tempting to read chapters in a textbook then forget about them until you start studying for the test. However, research in cognitive psychology has shown that testing yourself on information you have just learned makes it much easier to recall that information days later. In math or science classes, test yourself with questions provided at the end of the chapter. If those questions are not available to you, it may be helpful to come up with your own questions or have a friend quiz you on

information from the lecture or text. This gets you engaged in the material and allows you to learn as you go along, rather than cramming all of your learning into the days before the test.

Everyone has his or her own studying routine, although chances are that there are ways in which yours can be improved. Many of us have gotten by with cramming the night before a test, although there are chances that you may be less stressed and perform better if you space out a studying procedure. Itâ€™s difficult to change a routine, although if you try a new method once and find it effective, you may end up sticking with that new method. By using the above tips, you can relieve yourself of some exam-time stress and get the grades you are aiming for.

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Being a freelance writer and active blogger, Mark likes to share his thoughts with the rest of the world and to source out some great deals on home services like the one offered by a Xfinity Deals.

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