



STUDY TIPS

Schedule Study Time

Schedule study time as a midterm approaches.. As the midterm approaches, go back through the material you've covered so far.

Prepare Study Materials

Gather all of your study materials before you sit down to review the information. Having your textbook, notes, and past assignments need allows you to study without interruptions. William J. Rappaport, from the Department of Computer Science and Engineering, at the State University of New York at Buffalo, recommends putting all of the material you need to learn on one or two sheets of paper and trying to study only from your outline. Make flash cards with a question on one side an answer on the other to help you memorize difficult material and concepts. Review the assignments and test you've already completed for the class. You are likely to see some of the same information on the midterm.

Associations

Try to make associations between the material you have to remember and things that you remember easily. For instance, if you're studying for a history test, try to make mental links and connections between various events on your test to help you remember them and perhaps narrow down correct answers.

Limit Distractions

Cell phones, radios, televisions and loud places can distract you from studying for a midterm exam. Study in a comfortable, quiet place. When you study, turn off your cell phone and any other noise-making devices. Focusing on the information that you're trying to remember without distractions makes it more likely that you'll be able to remember it later, according to the Mayo Clinic.

Take Breaks

Taking short breaks during a long study session can help you remember the information. Take a five- to 10-minute break every 60 minutes. Take a walk to clear your head, grab a cup of coffee or tea or talk with a classmate. Instead of cramming the night before, do a quick review before doing a relaxing activity to reduce stress.

Study Buddy

Ask someone to study with you so that you know the material thoroughly. It might be helpful to have one of your parents quiz you on dates, names, definitions or other material from the midterm. They are less likely to distract you than friends, and they will make sure prepare thoroughly.

Get Enough Sleep

Get plenty of rest the night before a midterm. There is nothing worse than going to a midterm all sleepy and unable to think clearly. By getting a good night's rest ahead of time, you can cut down on the stress associated with a midterm.

Eat a Good Breakfast

Wake up early and eat a good breakfast. By waking at least an hour or two before a test, you will be more alert and ready to think and less likely to oversleep. Breakfast will keep those annoying stomach growls away, and help you persevere through your midterm.