**Studying for Tests and Exams**

**Scientific research has proved that these strategies work:**

**When to study:**

 Study closer to the day you learned the material than to the day of the test/exam.

 Don’t cram the night before .

Won’t I forget the material?

 Study in small amounts spaced out over time.

 Forgetting in between study sessions can actually help you – it forces you to retrieve the information from your brain. Then you can learn it.

 Mix your subjects up—don’t stay on one for too long.

**Where to study:**

 Rotate your location but make sure you’re not multi-tasking while you study. Move to a different location if you’re having trouble concentrating.

**How to study actively:**

 Active recall: say out loud what you know (with your books closed) .

 Make flashcards. Sort them: as you practice, arrange the cards in order, with the ones you know the best at the back of the pile and the ones you know least at the front of the pile. That forces you to practice the ones you don’t know because you will always start the front of the pile.

 Take practice tests—if you don’t have any, make your own.

 Make connections between ideas using word webs or concept maps.

**How NOT to study:**

 Re-reading your notes or the textbook isn’t effective.

 Highlighting alone doesn’t work.

 Last minute.