

# 10 Useful Study Tips for an Ideal Exam Preparation



## 1. Find out your own study type

There are many different study methods and tools: whether you use the internet, flash cards or tutorial CDs, what counts is that you have fun when you're studying.



## 2. Set up study groups for certain subjects

It can be very helpful to study in a group, especially for abstract subjects like math or chemistry. This way you don't have the feeling you're alone and you have a study obligation to the group.



## 3. Study at your own pace

Especially those students who have difficulties motivating themselves benefit from setting up a fixed study schedule, like a binding study date.



## 4. Take enough study breaks

The brain needs enough time to process what it has learned. As with any training, breaks play a key role. Sometimes less is more.



## 5. Reward yourself

Whether you treat yourself with a few gummy bears or a special event – rewarding yourself for studying and treating yourself to something nice is a huge motivator.



## 6. Think positively about studying for exams

Once the exams are passed a different period starts. You have time for different things again. This attitude helps motivating yourself to study.



## 7. Relax the day before the exam instead of studying

The day before the exam should be spent relaxing and building up internal happiness: Yay! Tomorrow is the day of the exam and all the studying is over!



## 8. Don't fall into the avoidance trap

When the examination date is approaching, some may develop the stance of waiting to see what will happen. It can be helpful not only to prepare well but also to adjust your personal and leisure time accordingly.



## 9. Make your testing zone homey

A familiar environment during the exam helps and motivates. If you have a lucky charm you should definitely bring it with you.



## 10. Don't think about failing during the exam

Do your best to avoid negative thoughts during an exam. It's important to take an exam with confidence, relaxed but yet focused.