



ACE Your Exams: Ten Quick Tips

- 1. Know when and where the exam is being given.**
Show up in the right place and be on time.
- 2. Plan your study time.**
Build a study schedule that gives you more time to study difficult material, and prioritizes tasks effectively. For more information on how to study, see our worksheets on study skills.
- 3. Break up your subjects.**
Study sessions in one subject area that are too long aren't helpful, and cramming for hours on one subject has been proven ineffective.
- 4. Reward yourself!**
For every hour of real studying, give yourself a 10-minute break. For more tips on how to study, see our worksheet on study skills.
- 5. Be good to yourself.**
The importance of self care cannot be overstated. Eat well. Practice healthy grooming habits that help you feel your best. Go outside and breathe deeply. Sleep! On your study breaks, do something you enjoy—listen to music, text with your friends, browse around Instagram.
- 6. Don't depend on study groups for all the information you need to know.**
Be responsible for yourself and your own learning. Study groups are effective and can help you, but your study group—no matter how awesome—isn't going to take the test for you.
- 7. Study what's important.**
Use the class syllabus, previous tests and quizzes, your notes, and your impressions of your professor's lectures to guide your studying.
- 8. Ask yourself questions as you study.**
Be an active reader. (For more tips on how to do this, see our worksheet on how to read for college coursework.)
- 9. Study backwards.**
Review the oldest material—the stuff from the beginning of the semester—first.
- 10. Try to relax during the half-hour before the test.**
Easier said than done, but talking to a friend, or going for a walk, or doing anything that helps you to clear your mind before a test can help improve your focus during the test.