

Title:

Seven Things You Should Do To Help You Prepare For Exams

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2173

Summary:

Okay, would everyone who likes Exams please put your hands up? That's right; just raise them

Keywords:

stress, exams tips, exams strategies, meditation, baroque music

Article Body:

Okay, would everyone who likes Exams please put your hands up? That's right; just raise

Look, the bottom line is that no matter what you do, in this day and age you are always going

1. Ensure You Read All the Material Provided After Lectures

The number one mistake people make when they come and do any training, including computer traini

Why?

Well there is lots of scientific research that has been undertaken that shows, if you do not r

Have you ever been to one of those tax seminars or financial planning seminars? Have you notic

2. Make Sure You Redo All The Practical Exercises

With many courses that you study for there will be practical exercises included. For example

Let say for example, you were studying bookkeeping. One of the things you are taught in bookke

Yet another example for university student, if you were studying say biology or chemistry, one

3. Do A Minimum of 4 Hours Study Per Week Per Subject

People often say to me how much study we should be doing each week. Well, in reality, it real

However, for computer training courses or IT courses where you are studying for Certifications

4. When Studying Have Light Music On

As I write this I can hear all the parents in the world cringing and crying out saying, NO! We

This simply means that you calm down and relax, in a way similar to when you whistle a happy t

Corporate trainers can improve the effectiveness of training sessions dramatically by playing

I also recommend listening to Baroque Music before you actually attend your exam as this will

5. Review Previous Exams

This is one of the most important things every person must do prior to sitting an exam and tha

There are a few key reasons for doing this. The previous exams will give you an insight into t

I had one lecturer at the college I was studying at, that every year he would go through this
If you are studying Microsoft Certifications or IT Certifications my strong recommendation is
6. Have a Colleague Write Practice Exams and Questions for You

If you are doing long term study at a college or University it is always worthwhile to try to
See, the key with passing any exam is practice. The more practice you have and exposure to the
If you are studying in a corporate environment and you have people who have done the exams in
I have used this technique a lot in my own business and in other jobs I have held. I was work
7. Take Time to Meditate

Okay, I can hear it now, "Oh Yeah Hippy, Want Us to Meditate do ya." Absolutely! Look whilst
The core advantage meditation will play in your studies is to help you to relax. The more rel
The bottom line is this, there is no shortcut to conquering exams but they do not have to be a
To finish off my article I want to highlight once again the seven things you should do to help

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2. Make sure you redo all practical exercises
3. Do A Minimum of 4 hour Study Per Week Per Subject
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