

Effective preparation for exams

The test or an oral exam is always the toughest. And not everyone can cope with. From huge loads and stresses many come to the exam exhausted. The article will talk about how to make training most effective.

The first thing to do is to prepare the workplace. Clear your Desk of all unnecessary, so that nothing distracted attention. Psychologists think that blue, purple, yellow colors stimulate brain activity. There is and the smell is lilacs and citrus. For example, put on the table blue dish with orange, or use aromatherapy oils. And, of course, turn the music off the phone. Noise – it is an extra burden on the already suppressed psyche.

Stop freaking out and think: "Oh, suddenly I don't pass the exams?!". Admission is not a matter of life and death. Imagine what terrible will happen if you don't pass the exam? The exam offers flexibility: in addition to the usual order of delivery from may to June, it can be taken early in April and retake in June-July.

Try to get closer to the perfect sleep schedule: early to bed and early to rise. But also take into account [pay for essay](#) your own biorhythms: "owls do not think in the morning, and early risers will benefit the class late." Exam preparation will be successful only under the condition that you will sleep well. Regular lack of sleep will lead to the fact that in the exam you will forget not only the date of Baptism, but his own name.

The optimum mode of employment: hours of work, 10 min rest. Can be a bit Effective preparation for exams.

to change the ratio, but to alternate between work and rest is necessary. During the break, whack muscle and change the thought to something else. Here and music does not hurt, but still not too heavy.

More eating healthy food. Cabbage relieves fatigue and irritability, carrot and pineapple juices stimulate memory. Walnuts and almonds are good in solving mathematical problems. Be sure to eat apples! But from fatty write should be abandoned. Fats take long to digest and the body force required for study.

Start with systematizing. With the help of textbooks and exercise books write out all the topics required for the exams. One color (e.g., green) mark the topics you know well. Those that need improvement, let them be yellow. And completely failing mark in red. Look how many have typed "red" and "yellow". This ratio will help you decide what is real: to bring "yellow" to "green" or "red" to make it to "yellow". Further, already knowing what they need to know, sign all the preparations in stages. Modern psychologists believe that the most effective way to plan with the end. And so, the last step is the exam. And the previous? And the one before him? It plays the role of devices in our thinking. I think planning is a waste of time? Try at least a couple of days to record, and how much time per day you do. Will immediately understand where disappears the necessary training time.

Be sure to attend preparatory courses. Carefully outlines all the information. Find out all the formalities – the rules of registration of work, which allowed to take into the audience, etc.