

BMW2Study Habits & Test Taking.....

From The Beginning Of The Course.

- Once you understand the topic and are current , then practice reading ahead and trying to understand the subject on your own . This way in the next class the topic will be familiar to you and a clear understanding will come easier.
- Ask relevant related questions in class.
- If you know your mind drifts in class, try to get a seat in the first three rows. You will hear and see better.
- Make sure that your posture is good: sit up and lean forward, this helps you to stay awake and can impress the teacher.
- See your teacher early in the term, not just before exams on a topic covered 3 weeks before. If the teacher is not approachable... then find a friend (could be in a class above) who understands the topic and ask him to explain. This could become study chats. It builds your confidence to seek help when needed and not stay quiet; also the boy helping can gain that self satisfaction of helping someone out.

The Last Week Before Test.

- Find out what kind of exam will be given: Multiple Choice- you will need more memory techniques. For subjective tests: essays or paragraph answers, you will need to broaden your background on the subject stressing on ideas not only details. E.g. History, a paragraph will hold a description of an area or situation in the period being tested vs, just having to give a date as the answer.
- If you get the opportunity, study with people who are good students in the subject.
- Check your notes, cover up your notes and test your memory.
- Some chapters have summaries and questions at the end. Review these and test yourself.

Hours Before The Exam

- Once earlier revision was done then a light review of all notes and texts could be done the night before. (Cramming only serves as a temporary gain. The following term enough will not have been stored for staying with the class.)
- Get the blood circulating with a small sweat. A run, shoot some hoops, kick some ball at home.
- Get a good night's sleep.
- Eat protein for breakfast to boost alertness and sharpen mental performance. (Doubles have protein ☺)
- Eat lightly or not at all within 1 hour of your test. You do not want all your energy to go digestion instead of thinking.
- Arrive at your class early. You do not want to be rushing to settle down.

Exam Time

- Take 3 deep breaths to calm any nerves. Breathe through the nostrils and out through the mouth. (Have them practice this.)
- Give a quick scan over the entire paper before starting. This gives you a chance to prepare your answers mentally and to allot your time wisely.
- Structure and organize your answer before writing because neatness counts. Some teachers may take off marks for untidy presentation.
- Read each question carefully and follow instructions. The way a question is phrased is very important to the answer needed.
- Once you have finished within the allotted time, then take a deep breath and check over your paper before handing it up.
- Make sure your name is clearly written on the paper.

Always remember, no teacher ever wants a child to fail. No parent ever wants a child to fail.

No child truly does not care if he fails . It is human instinct to want to succeed, the level of success varies but we all always want to pass.

Each child has the physical tools needed to learn a subject, (books) and teachers , the extra help must be sought by the student. If he seeks the extra help it will come to him in some form. Maybe a sister or brother or cousin who understands the work. Or a school friend or older boy. The scouts help out each other if extra explanations are needed.

Approach studying and schoolwork with a positive attitude no matter if you may not really like the subject, if it is approached with an open mind then understanding will flow.