

Exams, like taxes, are inevitable. No matter how much one tries to ignore them, they occur every year. While most students won't have to file tax returns for a while, they will have to take exams soon (finals in April/May).

So how should students prepare themselves for this stressful process? Remember the “**3 P's**”: **Preparation, Pacing, & Practice**. The best way to reduce exam stress is to be prepared, and the best way to prepare is to pace oneself, organize notes and notebooks, avoid procrastination, review, rehearse and practice. Students should also get a good night's sleep, eat well, and take care of themselves so that they can do their best work.

Good luck!

**The following are subject specific study tips from Upper School teachers:**

**History:**

1. Take care of yourself! Get a good night's sleep the night before the exam. (If you feel you must pull an all-nighter, do it over the weekend so you have time to recover and think clearly during the exam).
2. Organize notes and materials several weeks before exams. You don't want to discover a day or two before the exam that you're missing all the notes on chapter 12.
3. Pick some specific events and compose cause →event→ effect charts.
4. Sit down, devise a question that has been emphasized repeatedly, compose a detailed outline, and write a practice essay.
5. Repetition, not memorization, works best. Do frequent reviews of exam material several days before the exam.
6. Don't cram!
7. Go through “guidelines” for each chapter (key names, events, etc.) and ask the question “so what?” (why is this so important?)

**Science:**

1. Review old tests, labs, quizzes, worksheets.
2. Make a study timetable in advance to figure out when you will review and for how long.
3. Re-do end of chapter multiple choice and true/false chapter tests.
4. Read chapter summaries.
5. Review calculations by covering answers to problems in chapter packets and re-doing them. Use calculator. Check your answers with original answers.

**English:**

1. Make sure you have all books, notes, returned quizzes/tests/papers.
2. During the semester make sure you take good notes and read them over periodically. Also, text-mark for important passages because they usually show up on exams.
3. Review notes and text-markings. Identify themes and big ideas and think of ways to support them with the texts.

**Foreign Language:**

1. Organize notebooks and notes into vocabulary, verb, grammar, culture, and reading sections to help with review.
2. Re-take old quizzes and tests.
3. Use old tests and quizzes to diagnose what vocabulary, culture, verb forms, and grammatical concepts need further work.
4. Make a list of what you need to review.
5. Review vocabulary. Start early and work with a small group of words each day. A little at a time is better than cramming for hours the night before the exam.

6. Review small portions of material each day. The next day go over the first day's work and then add another small portion. Repeat.....
7. Write into your assignment book 10-15 minutes of study every night (Sunday-Thursday) for your 2 hardest exams.
8. Do verb synopsis.
9. See your teacher for practice worksheets.

**Math:**

1. Organize past tests and quizzes. If it was important enough to be on a test or quiz, it is important.
2. Do not read over past tests/quizzes. Instead, cover up the answers and redo the test. Make notes regarding the types of problems that you could not readily solve without looking at the answers.
3. Practice problems with your pencil, not just your eyes.
4. All studying should be done with answers. You absolutely need to know if you are getting the problems correct.
5. Finish the review packet of problems before the last class meeting so that all questions can be answered