### STUDYING FOR MATH EXAMS

- Studying should be daily, but begin special studying should begin at least two days before the exam.

- Don’t study math so long that you can no longer concentrate. Take periodic breaks by studying another subject, taking a walk, washing the dishes, etc. Physical exercise can refresh you. When you resume studying, you will ready again to concentrate.

- Don’t allow your studies to hurt you body. Eat and sleep sensibly.

- Study your old homework problems. Don’t just read over your work. Instead, redo one problem of each type without looking at your previous work. Compare your results to see if you are correct. If you have difficulty, try a second or third problem of the same type.

- Study with the intent of understanding the concepts involved. Avoid just memorizing techniques for doing specific problems.

- Don’t allow yourself to get bogged down by a specific difficulty. Make a list of the things you do not understand, and try to clear up your questions well in advance of the exam. You can schedule an appointment with the instructor, ask a classmate, or go to a study assistance center such as a math lab.

- Try studying alone and studying with others. If you work with others, give the material some thought before getting together and be an active contributor to the group.

- Make a one or two-page review sheet a couple days before the exam. On the day of the exam, review these key ideas.

- Avoid a last minute rush. Be sure you have assembled the necessary materials well in advance. Allow enough time so that you won’t have to run to the bus or hurry your driving.

- Quit studying and give yourself time to relax before the exam. Avoid students who are having panic attacks. Think positively and recall your many successes. Recognize that even if you do not do as well as you would like, a bad grade will not be the end of your world.

**For final exams (in addition to the above)**

- Start studying at least a week before the final exam. Plan study time for the entire week for all your courses. This way, studying for one final will not take away from your time studying for another final.

- Some prefer studying the most recent material first and working backwards. By the time you get to the material covered in the first weeks of the term, it will likely be easy.

- Retake old tests without looking at your previous work. If you have difficulties, try similar problems from the text. Time permitting; you may want to experiment with different methods.