

How to study effectively for exams?



Locked in a room with books in their hands, students are busy studying for the GATE exam. While some of the students find it easy to sit for long hours and focus on their books, some have trouble studying effectively for the exam. While GATE exam is one of the most difficult exams in the country. But surely it is not impossible. Every year many students face similar problems while studying, yet they come out with great success after the test results are published. This is due to certain factors that they consider important and mandatory to study effectively for the exam.

In this article, we aim to share similar strategies and plans with all of our students to help them overcome their fear of the exam and study effectively for the exam. But before we start with how to study effectively, we need to pay special attention to how to start preparing for the GATE or ESE exam.

Starting Your Preparation

Set your goals: Before starting any job, make sure you know why you want to do it. Keep your goals clear, as this will be your driving force throughout the preparation phase. After setting your goals, if you really feel like taking the exam, continue with your preparation. If you are still confused, visit a [counselor](#) to better understand things.

Go through the syllabus: Once you've set your goals, you need to make sure of what you're opting for. So go through the syllabus and understand every detail down to the last word. Having studied all the subjects previously at the university, you will be able to understand the curriculum very well. For the [GATE](#) test, you will also need to study quantum, reasoning and English, while for the [ESE](#) current affairs and general

awareness are also part of the study program. Get a good understanding of the syllabus and make sure you know about it in your tips. You can also paste a copy right in front of your study table for daily viewing.

Enlist: Now that you know the curriculum and have set your goals, start enlisting. Make a list of your strong subjects, weak areas, books to study, all the things that are supposed to be covered such as test series, mock essays, etc.

Plan: Now that you know the syllabus, go ahead with planning your time. From hours, today, to the month, plan everything according to the time you have left before the exam. By exam day, you are supposed to cover the entire syllabus along with the test series, review, and mock trials. So keep your list handy and plan your time effectively.

Let the Preparation Begin: Now that everything from goal setting to list to planning has been done, all that remains is to begin preparation. So get inspired by watching some videos and start your preparation based on the plan you have prepared.

The Next Step

Now the preparation has started and you are following the plan, but the result is not as expected. So for that, you need to increase your concentration and study effectively for exams. This requires consistency and hard work, but it is surely not an impossible thing to do. This is where your goals will motivate you and help you follow the strategy that we will talk about now.

Finding the best way to study is a gradual process. It is not something that will come to you magically or the night before the test. You must constantly improve your study skills to better understand what works (and what doesn't).

Learning to study better helps avoid panic and frustration the next time an important test is approaching. After all, you are more likely to do well and be less stressed before a test if you have had time to review and practice the material properly.

Mastering effective study habits not only makes learning easier, it will also help you during the GATE or ESE test.

Study Effectively for Exam

1. Make Realistic Plans:

The fourth point of how to start talking about the importance of a plan in the preparation of GATE or ESE. Well, although a plan is important, make sure you make

realistic plans. Right from the start, don't expect to study for 10-12 hours. Start out slow and you will eventually catch up. In the beginning, learn which strategy or plan works for you and this can only be done through trial and error. So make weekly plans and try to follow them religiously, whatever works for you, start following it and keep going longer.

If you are having trouble making plans, check out the toppers talk where the toppers from various reviews share their strategy and plan. Your plan may not necessarily work for you, but you will get a clear idea of how to balance and plan everything from the syllabus to the previous year's test series and questions.

2. Get Organized:

Being organized is a mandatory requirement to study effectively for exams. You must carry a small notebook at all times. Even while reading the newspaper, keep a notebook by your side and try to take notes on important news. Being organized and writing things down helps you retain them for a longer period. It also gives you the opportunity to recall and review these notes whenever possible. You can also use your phone for the same purpose by taking notes on your phone in applications like Evernote.

Research has found that you are more likely to remember things when you write them than to simply listen to them. Therefore, writing clear and complete notes in class will help you process the information you are learning. These notes will also become study notes that can be reviewed before an exam.

3. Pay Attention In Class:

If you have joined a coaching institute, it is important to focus and avoid distractions when the teacher is speaking. Practice active listening by concentrating on what is being said and taking notes in your own words. This will help ensure that you hear (and understand) what is being taught in class. Also, not paying attention for even a minimal period can get in the way of the whole topic.

Therefore, it is necessary that you pay attention in the classroom and if any confusion arises, do not hesitate to ask any questions. This will also help you to remember what you have read and to firmly record the syllabus in your mind.

4. Stay Away From The Distractions:

The only reason that students cannot study effectively for the test is distractions. Distractions are everywhere, from cell phones to social media to friends. Be aware of what distracts you in class and also while studying. Learn to stay away from these distractions. Avoid sitting next to friends if you know they will distract you. Turning off your cell phone will also help ensure that you are paying attention to your teacher.

Even if you are sitting for 30 minutes to study, make sure your phone is off and that nothing is interrupting your attention. Also tell your friends and family about your plan so they don't call and bother you.

5. Be Prepared:

For all those students who have joined the classroom program, make sure that before class they take a quick look at the subject that your teacher plans to teach that day. This will help you better understand the topic, as then you will not hear everything for the first time, but instead will build on what you have already read.

This is a very effective study technique. Also after class, review and expand on the class notes. Reviewing notes helps move learned material from short-term memory to long-term memory, which will help you the next time you have an important test.

6. Share And Socialize:

If you have any trouble understanding any topic or topic, be sure to talk to the teachers and discuss it. The teachers are there to help you do your best. Taking the initiative to ask for help helps a lot from teachers.

Similarly, if you are faced with some personal problems, don't let them stay with you. Talk to a friend or your parents and get over the problem. These little things that we tend to ignore from time to time sometimes get so big that they start to hamper our studies and we can't study effectively for exams. So, always have a Good Samaritan by your side, acting as your sponge, absorbing your problems and helping you focus on the GATE or ESE test.

7. Designed A Study Area:

The best place to study is one that is quiet, well-lit, and in a well-ventilated area. Make sure there is a clear workspace for studying and writing. Everyone's needs are different, so it's important that you find a place that works for you.

Your planning and strategy may not work without a suitable place of study. Designate a place in your room to study. You can also place inspirational quotes, study programs, and much more in your study area. This will also keep you motivated and thus help you study effectively. When we designate a place to study, our brain immediately processes memory and each time you are closer to that area the brain is activated to start studying. Changing study positions will only confuse the mind and hamper your studies

8. Study With A Group:

While some students prefer to study alone, working with peers fosters an interactive environment to keep them engaged. Group study also gives them the opportunity to test their knowledge with others, question the content, and help build the confidence of others. Group study is also a good technique to learn more effectively and efficiently. Instead of going through all the topics on your own, you can divide the topics among your group members and in turn, complete more topics in the shortest amount of time.

Conclusion

These are some of the effective ways to study. Always remember that it takes both "smart work and hard work" to excel on the GATE or ESE test. So be sure to plan and strategize your prep time very effectively. Knowing how to study effectively for exams is a skill that will benefit you for life. Developing effective study skills takes a lot of time and patience.

Half of good study is good planning, so it's not too late yet. If you haven't worked out a strategy yet, please do so, as it will not only be of benefit to you during the exam, but also in future life. You will be able to walk effectively through life without problems or questions in your mind.

We hope you liked this article. Be sure to comment below if you have any queries on the subject.

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