

Best Study Practices to Score Good Marks in Exams

By Dr. Dinesh Kumar

Whether gearing up for competitive exams or school / board exams, following a structured routine and building habits like planning, organizing and time management can help students achieve their goals.

Here are 20 effective study strategies every student should consider.

Planning and Organization

1. Simple to Complex

Build confidence by starting with easier concepts before progressing to complex ones. Break difficult topics into smaller parts.

2. Time Management

This is one of the most important things to take care of. Start by maintaining a timetable for a steady and healthy study pattern. Make a chart of their daily routine, adjust the study timings accordingly. Try to put little breaks in between that give the mind rest to start afresh. By scheduling daily routines incorporating studies in an interval of 3-4 hours, one can effectively create a balanced study plan.

3. Create a Study Plan

Whether gearing up for board exams or competitive exams, having a meticulously designed study plan is an imperative way to ensure good marks. Divide subjects by day, put time away for revision at the beginning of each day, and stick to the plan to avoid daily re-strategizing.

4. Regular Short and Long Tests

Regular short and long tests can be daily 2–5 minute oral tests, weekly 10 marks tests, and monthly 20-25 marks tests. By preparing for and performing in such tests, students build confidence and get a highlight of weak areas.

Learning Strategies

5. Address Weak Points

Identify and systematically work on weaker concepts rather than avoiding them. Discuss any mistakes and make a note of weak concepts to work on them. Include tough subjects in the study plan to not feel the burden towards the end. Seek guidance from teachers or buddy groups.

6. Understand Concepts Rather Than Memorize

Having clear concepts helps retention better than rote learning. Always get doubts cleared so core concepts and fundamentals are crystal clear. Use visualization and storytelling as well as other techniques.

7. Activity-Based Learning

Classroom teaching should not be boring. It should have varied tones, be humorous and be activity-based. At least one activity or teaching aid per class makes the lecture pleasant and fruitful.

8. Find Scoring Sections

In every exam there is at least one section where one can easily score marks with minimal effort. Help students find these scoring sections and train to ace them within lesser time.

9. Create Personal Study Notes

Read a topic, then rewrite it in your own words. Maintain a separate notebook per subject, highlight important topics, draw graphs and flow charts wherever necessary. Study notes prepared this way can prove extremely useful.

"Learning concepts with the help of flow charts and diagrams makes it easier to understand and revise. An image attracts the mind more and is easier to remember than text alone."

Study Environment and Well-being

10. Group Study

Studying in groups can be another engaging method. Invite some of your friends for a group study session. It encourages revision and mutual explanation of concepts, boosting motivation during stressful exam periods.

11. Parental Communication

Apart from parent-teacher meetings, regularly contact parents, especially when a student is frequently absent or performance is declining, helps identify and solve underlying problems.

12. Teach Others

Teaching a topic to someone else is a well-tested technique for gaining clarity. During group study sessions, divide concepts and take turns teaching them. This strengthens knowledge and helps in scoring good marks.

13. Minimize Smartphone Usage

Set strict limits on mobile phone use during study periods and especially while preparing for exams. Avoid social media weeks before exams. Even 5 minutes of scrolling easily becomes an hour. Spending a lot of time on social media makes it difficult to focus on studies.

14. Consistent Revision

Spend 10 minutes at the end of each study day reviewing material covered. Schedule dedicated revision and practice days before the final exam.

15. Don't Neglect English

English is a highly scoring subject. Do not underestimate the power of English scores. Even one hour of daily revision three days a week can yield marks above 85.

Exam Preparation

16. Practice Sample Papers and Mock Tests

Past year sample papers and mock tests are specially designed to help gear up for exam day. Set a timer, take a sample paper, and give the test as they would on the actual day. Identify time-consuming sections and develop strategies.

17. Take Regular Breaks

Take a 20-minute break after every 2 hours of study. Meditate, go for a walk or do light physical activity to feel refreshed. Without breaks, constant pressure and stress accumulates.

18. Avoid Overconfidence

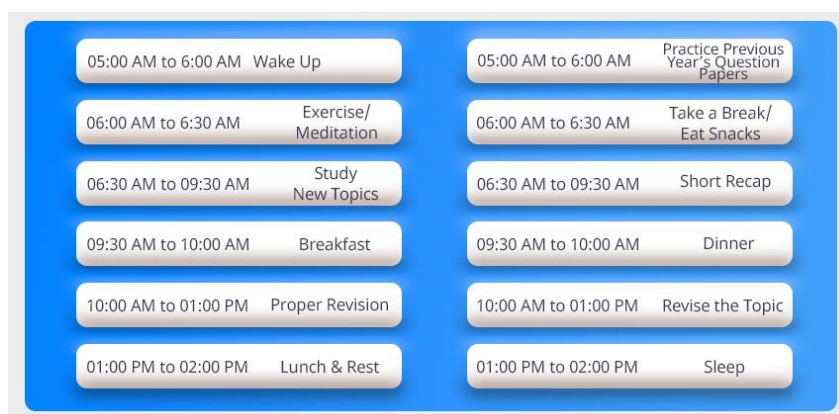
Confidence is great but overconfidence is self-destructive. Revise strong areas frequently so they are easy to recall in exams. Do not avoid any topics. Proper and regular revision is key.

19. Build a Study Space

Have a dedicated, quiet, organized room or space free from distractions. This could be a study room, your balcony, terrace area, or even a local library.

20. Check Theory and Practical Notebooks Regularly

At least once a week, notebooks must get checked to ensure that proper records of classroom study are being maintained.



Dr. Dinesh Kumar

Lecturer (Physics), Govt. Victoria Girls Senior Secondary School, Patiala (Punjab)-147001