

Exams Study Skills

Study skills help to reduce test anxiety, improve focus, and increase motivation to do well on tests. Good study habits are important for all students, but they are particularly beneficial for those with ADHD or test anxiety.

Study skills are important to maintain. Study skills help you excel in your academic career. They help you remember and learn new information. They also help you do well in your assignments, quizzes, and tests. That helps you pass to the next grade. You might ask, what are study skills?

The **Study Tips** worksheet describes several tips and techniques to improve how students study and prepare for tests. Some of the skills described include establish a study routine, set specific study goals, make studying a priority, and take care of your mind and body.

After reading the worksheet, aim to develop a plan to integrate the tips into your own study routines.

Resources:

Exams – Study Tips

Revision Cracked – First Steps

Exam Preparation: 10 Study Tips

<https://www.topuniversities.com/student-info/health-and-support/exam-preparation-ten-study-tips>

How to study for exams

<https://www.wikihow.com/Study-For-Exams>