

# Must Dos for students: For improved concentration, motivation, work blocks

- ❖ ❖ Know your concentration span, study with breaks.
- ❖ ❖ Work out best time for concentration.
  
- ❖ ❖ Group study for difficult subjects.
- ❖ ❖ Do not let previous results discourage you – identify your weak areas from previous exams. And work on them.
  
- ❖ ❖ Time management plan must be made for all subjects.
- ❖ ❖ Choose a study place with minimum distractions and autosuggest to your self about your resolution.
  
- ❖ ❖ Try to coincide study time with the time, you would be giving an exam.
- ❖ ❖ In case of average achievers, master what you know and are comfortable with.
  
- ❖ ❖ For low achievers, master the essential information first.
- ❖ ❖ Prioritize the workload. Give your best concentration time to the toughest subject.
  
- ❖ ❖ Repeat your learnt work so the recall in exam is easy. Work not repeated or revised is easily forgotten.
- ❖ ❖ Try to plan your revision time by drawing up a timetable. Build in time for the things you enjoy – like watching you favorite TV programme, going out with your friends, or going to play football in the park.
  
- ❖ ❖ Give yourself a few treats – pamper yourself with a long hot bath, or listen to your favorite CD for an hour after you have finished your revision.
- ❖ ❖ Relax with what you know before entering the exam hall.
  
- ❖ ❖ Do not get anxious about the result – cross that bridge when you come to it...options await.