"Only Thing We have to Fear is Fear Itself"
– Franklin D. Roosevelt

The Road to Success

An exam is very similar to a musical performance or an athletic competition. Therefore, the studying method for an exam should be very similar to the preparation for a performance.

Analysis:

Spend some time analyzing what went well on past exams and what went poorly. **There are always elements of both!** Try to think beyond your grade on the exam.

*Areas to Think About:*
- Time of the exam vs. hours you perform your best work
- Did you have breakfast before the exam?
- Temperature of the exam room vs. your optimal working temperature
- Were you rushed for time?
- Did you misread any questions?

*Create a Personalized Study Strategy:*

Develop a personalized study strategy aimed to target the areas that you have determined most troublesome.

*Example:*
- If the exam is at 8am but you work best at 4pm, then try waking up at 7am to study Physics II before your 9am.
  Therefore, you are simulating the exam situation every time you study.

*Note:* Similar to weight lifting or practicing an instrument high intensity short study intervals (30 min - 1 hour) is normally the best way to memorize new information.

*Trust the Method:*

Do not sway from your study strategy! It is hard to break old habits. Trust the new study method you have developed for yourself.

*Take Exam & Repeat Process:*

It might take a couple of iterations before you find you optimal method of studying. However, I can guarantee that you will find it through this process of active self-reflection.