

College: 10 Fool Proof Tips to Get A's on College Tests

In college, tests can cause a lot of anxiety in students. Many incoming students are overwhelmed by the thought of college and test taking, and always ask for studying tips and advice for them to succeed in higher education. Whether you plan on enrolling in a four-year, career, technical or online college, follow these 10 fool proof tips on studying, and you will be well on your way to a great grade, a college education and an outstanding career.

1. **Go to class**

Simple enough, isn't it? Many college students think they can skip class or sleep through an online lecture and study their notes or readings and get away with a passing grade. If you want to excel, go to class. Watch your lectures online. Participate in online discussions. Simply being in the physical or virtual classroom helps recognition later on while taking tests. You are also more apt to pay attention to the instructor's lecture. As many professors or instructors can attest, there is a high correlation between class attendance and class performance.

2. **Don't cram**

The best and easiest way to study is to simply prepare *before* the night before the test. Many students try to cram all of their notes, readings and assignments into an all-nighter the night before the test. Studies show that [cramming for tests does not work](#), and to effectively learn something and retain the information, you need to see it or read it multiple times. The best way to study and retain information is to study a little bit each day. Try using the [Cornell Method](#) of taking notes to optimize your studying. After you get home from class or work, go over your notes for 30 to 45 minutes. At night right before bed, skim over the readings again. In the morning, read over your notes for about 10 minutes. Constant and consistent studying each day will help you retain information and perform better on your tests.

3. **Find a good studying environment**

To study effectively each day, you need to find an environment you are comfortable in. If you can't concentrate in your room, try going to a library and finding a quiet corner. Try studying in silence. Some people like to study while listening to headphones. Try different things until you find how you get the most out of your studying time.

4. **Use note cards**

This may sound elementary, but it is a very effective way to learning. Note cards help with learning retention and effectiveness. When an instructor assigns a bunch of definitions, this is the simplest way to learn them.

5. **Find a classmate to study with**

When you have a classmate to study with, it makes learning easier. For instance, if you do not feel like studying on a certain day, your classmate/studying partner can push you to study with them, and vice versa. You can also have the study partner ask you questions to see if you understand the information at hand.

6. **Get a good night's sleep**

One of the most underrated parts of studying for a test does not involve studying at all. [Sleep deprivation](#) can be detrimental to your test-taking. Lack of concentration and nervousness are largely in part to not getting enough sleep the night before. Try to get eight hours of sleep, and you will perform better.

7. **Eat breakfast**

Eating something for breakfast goes along with getting a good night's sleep. Eating breakfast gets your blood flowing in the morning. It increases your metabolism, which wakes you up and increases blood flow to the brain, helping you to [think and perform better](#).

8. **Lay off the caffeine**

Although it may "wake you up" in the morning, coffee actually impedes your learning. Caffeine causes nervousness, anxiety and makes it very difficult to concentrate. If you get eight hours of sleep the night before and studied everyday rather than cram, you should not be tired in the morning and feel well prepared for the test.

9. **Relax**

When you go into the classroom or sit down in your computer chair to take your test, just relax. Sit down, take a couple deep breaths through your nose while you close your eyes for about 10 seconds. This will help you get focused and feel comfortable, so you are able to concentrate and take the test to the best of your ability.

10. **Reward yourself**

After the test, reward yourself with something good. Take yourself out for ice cream, dinner or other indulgences. After all, you studied hard everyday for the test, and you deserve some sort of reward. Planning to reward yourself after you complete your exam increases your motivation to work hard until the test is complete, and will also give you a sense of completion and satisfaction after the test is over.

Follow these 10 steps, and you can be well on your way to earning your college degree.

Source: <http://www.articlecircle.com>

About the Author

M.J. Joseph is a freelance writer from Kansas City, MO. You can read more of his articles about distance learning, online education and general education at Seek-OnlineCollegeDegree.com. For more information on colleges in your area, visit CollegeSearchEngine.net.