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**Download Article** Download Article Preparing for your board exams might feel overwhelming, but being dedicated to your studies means you're already on the right track. Its best to give yourself at least a month to study for your board exams, as it will take time to go through all of the material. You can be successful on your exam if you review the test material, use study tricks to boost your memory, and test your knowledge. Additionally, make sure you take care of yourself so you're ready for test day.

1>Create a study schedule for yourself. Set aside a block of time every day for your studies. Work in 30-minute to 2-hour blocks to help yourself retain the most information. Its best to list the topics or subjects you plan to study each day to help you stay on track.[1]Schedule your studies for the time of day when you feel most alert.For example, you might study for 1 hour every morning after breakfast and 1 hour every evening after dinner.If you were studying for your medical board exams, you might spend the first hour studying concepts related to cardiovascular conditions, while the second hour is dedicated to the respiratory system.If you're studying for your 10th year board exams, you might spend the first hour studying history, and the second hour studying geography.2Designate an organized, distraction-free study space. Study in a clean space, such as at a desk or table. Turn off your phone, television, radio, and other distractions. Keep all of your materials at hand so you have what you need to study.[2]If listening to music helps you, choose stimulating music that doesn't distract you from your studies. For example, you might listen to classical music.If you don't want to turn off your phone because of work or family concerns, put your phone on "do not disturb" mode so you won't get distracted by notifications.3Take notes on areas where you've struggled.Keep a notebook or index cards to record the main ideas and concepts. You'll perform better on most exams if you have a broad knowledge of the topic rather than a few memorized facts.To keep yourself organized, you might write the topics you need to study into your schedule.You might also review prior tests or check the board exam website to identify the best areas to study.4Review your prior work to identify weak areas you need to study. Everyone has strengths and weaknesses. Knowing yours can help you more easily prepare for your exams. Go through any graded assignments you have or talk to your instructor or supervisor. You might also review the list of concepts you're expected to know. Make a list of areas you need to spend more time studying.[4]You might spend less time studying material that falls under your strengths. Use the time you save to spend more time on the areas that are weaknesses for you.Taking pre-tests or practice tests will also help you uncover areas you need to study more. For example, if you're taking your medical board exams, you could use your test results from an In-Training Exam to determine which topics need more attention.5Read through your notes and fill in any gaps. Your notes are an essential study resource. Review what you've written and follow-up on areas where information is missing. Write down the questions you have after reviewing your notes, then find the answers.[5]If you still have your study guides from prior exams, review those, as well. They can help you review the material and predict what might be on the test.6Re-read or skim your course materials. Go back through your texts and read through highlighted passages. Re-read sections that cover material you found confusing the first time around. Take additional notes as you read to aid you in your studies.[6]Taking additional notes will also help you commit the ideas to memory.Re-read as much of the material as you can in the time you have to study. You may only have time to go over certain sections. Spend this time on areas where you've struggled.For example, you might go through your old textbooks to review highlighted portions of topics you don't quite understand. Look for an existing study group or start one of your own.[15]You might find a study group at your school, through your library, or online.If you have friends who are also preparing for the board exams, invite them to start a study group.6Take regular study breaks to rest and refresh your mind. A 10-15 minute break every hour will help you improve your focus and avoid study fatigue. It will also improve your study experience. During your breaks, step away from your coursework and go for a walk, eat a snack, or do something fun, like listen to music.[16]If you're grabbing a snack, choose something that will energize your brain and help you retain information. Great options include yogurt, whole grain cereal, popcorn, hummus with carrots or peppers, almonds, walnuts, or fresh fruit, like apples and bananas.[17]Don't do anything that might distract you from returning to your studies. For example, don't start watching an episode of your favorite TV show, as it'll be hard to turn it off and go study. Advertisement 1Make flashcards to test your memory. Flashcards are a convenient, easy way to study for your exams. You can create flashcards using index cards or pieces of paper, or you can make them online on a site like Quizlet. You can then flip through your cards to study for the exams.[18]You may be able to find existing flashcards on Quizlet. For example, you can find pre-made flashcards for topics like medical terminology, medications, cell biology, etc.2Use prior tests to check your knowledge of the material. Most board exams make previous tests available for people who plan to take them. This allows you to review the exam format and the types of questions on the exam. You can also use these tests as practice tests to predict how well you'll perform on the actual test.[19]If more than one prior test is available, use the most recent, updated version available. Additionally, check the publisher of the review guide, as well as any websites you use. Prioritize materials published by the testing board, as well as those from other reliable sources.As an example, you can find online quizzes to help you study for the internal medicine board exams.[8]

Advertisement 1Create diagrams, summaries, and tables to help you learn. Organizing the information in new ways can help you better understand it. Plus, it gives you studying tools to re-use when you review the material.[9]Here are some ways you can organize the information:[10]Create mind maps.Make a numbered list.Do a flow chart.Make a comparison chart to compare similarities and differencesOutline your notes2Create a mnemonic device or rhyme to help you remember information. A mnemonic device is a sentence or story where the first letter of each word represents something you need to remember. It might spell a word, represent a series, or remind you of a concept you need to know. As another option, you can create a rhyme using the information you need to remember.[11]For example, you might remember the planets of the Milky Way with the following mnemonic device: My very educated aunt just sent me some nuts. This helps you remember Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, and Neptune.As an example of a rhyme, you might need to remember that litmus paper turns blue for bases and pink for acids. Your rhyme might be, Bases are blue, acids are pink, use litmus paper, to help you think.3Set the information to music for easy recall. Making up a song to a popular tune can help you remember difficult concepts. Choose your favorite song or a simple tune like Twinkle, Twinkle, Little Star. It doesn't matter if your song rhymes, as long as you can remember it.[12]Sing your song aloud to yourself to help you remember it. During your exam, you can sing it to yourself in your head. Use this trick for information thats hard to remember. You likely wont be able to create a song for every concept youll need to remember.For instance, Harvard Medical School students have produced a few songs about medical information, which are available on YouTube.[13]4Switch between topics so you dont get mentally fatigued. Pair topics that you find most interesting with those you find challenging. Spend part of your study session covering the challenging topic, then take a break. Come back to your easier topic to maximize your study session.[14]Its normal for you to feel mentally exhausted while youre studying. Dont try to do too much at once.For example, you might study endocrinology during the first part of your study session, then switch to hematology.EXPERT TIP Josh Jones CEO, Test Prep Unlimited Josh Jones is the CEO and Founder of Test Prep Unlimited, a GMAT prep tutoring service. Josh built the world's first and only score guarantee program for private GMAT tutoring. He has presented at the QS World MBA Tour and designed math curricula for Chicago Public Schools. He has over 15 years of private tutoring and classroom teaching experience and a BA in Math from the University of Chicago. This article has been viewed 53,365 times. Co-authors: 14 Updated: May 29, 2025

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exams regularly, and eat a balanced and nutritious diet. By following these steps, students can reduce their stress levels and maximize their chances of success in board exams.Know Your Syllabus Right!Familiarize oneself with the CORRECT and UPDATED syllabus. Understanding the Syllabus is the first and key step of your preparation. Until you know what you are doing, you cannot plan your preparation. The syllabus is the most important thing to understand about your preparation. It tells you what topics are included in the exam, and it helps you to focus on the right areas. The syllabus is also a good source of information about the format of the questions, the types of questions, and the marking scheme. So, make sure you have a copy of the syllabus and read it carefully before you start your preparation.

Understand the Exam PatternThe exam pattern is the blueprint of the exam. It tells you how the exam is structured, what topics are covered, and how much time you have to complete the exam. Understanding the exam pattern is crucial for your preparation. It helps you to know what to expect on the day of the exam, and it allows you to plan your time effectively. You should also familiarize yourself with the types of questions that are asked in the exam, such as multiple choice, short answer, and long answer questions. This will help you to prepare your answers more effectively and avoid making common mistakes.

Practice RegularlyRegular practice is essential for success in board exams. It helps you to reinforce your knowledge, improve your speed and accuracy, and build confidence. You should practice regularly throughout your preparation, starting from the beginning and increasing the intensity as you get closer to the exam. Practice tests are particularly useful as they simulate the exam environment and allow you to identify your strengths and weaknesses. Focus on practicing the topics that you find difficult or where you are less confident. Remember, practice makes perfect!

Stay Calm and FocusedBoard exams can be stressful, so it's important to stay calm and focused. Take regular breaks during your study sessions to rest your mind and body. Engage in activities that help you relax, such as listening to music, going for a walk, or spending time with friends and family. Avoid procrastinating and staying up late at night, as this can lead to fatigue and decreased productivity. On the day of the exam, take deep breaths, stay positive, and trust in your preparation. Remember, you've worked hard, and you're ready to succeed!

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