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Download Article Download Article Preparing for your board exams might feel overwhelming, but being dedicated to your studies means youre already on the right track. Its best to give yourself at least a month to study for your board exams 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 youre ready for test day. 1Create a study schedule for 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 for your 10th year board exams, you might spend the first 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 doesnt 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 in the next room. This way, you'll be able to hear it if you receive a call, but you won't be tempted to check it constantly. Advertisement 3Review your syllabus or exam prep book and identify the main topics. Focus your studies on major ideas and concepts youre expected to know. Study one main idea or concept at a time. Spend more time
on topics that youve struggled to master in the past.[3]Dont worry about minor details, such as dates and quotes, until youve gotten a basic understanding of the main ideas and concepts. Youll 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. 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 youre expected to know. Make a list of areas you need 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 youve 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 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 youve struggled. For example, you might go through your old textbooks to review highlighted portions and topics you struggled with the first time. If you have time, read up on current events or current peer-reviewed articles. For instance, when
preparing for medical board exams, you might read medical journals related to your field. Tuse a study guide, review book, and online resources, if theyre available. In most cases, you can find a digital study guide for the board exams youre taking. For some exams, you can purchase a book that covers the exam format, the subject matter you need to
understand, and practice tests. In addition to study materials, you can find educational videos and articles about the topics youre studying.[7]Look online for a study guide or review book. Do a simple Internet search for your board exams to find out what's available to you. Many exams have study materials available for free. When choosing the best
study guide, look for the most recent, updated version available. Additionally, check the publisher of the review guide, 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 1 Create 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 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 file planets of the Milky Way with the following mnemonic device: My very excellent mother just served us nuggets. 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 remember difficult concepts. Choose your favorite song
or a simple tune like Twinkle, Twinkle, Twinkle, Twinkle, Twinkle, Twinkle, Little Star. It doesnt matter if your song aloud to yourself to help you remember it. [12] Sing your song aloud 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] 4S witch between topics so you don't 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. Take a break or even an entire day off and come back to the material with a fresh mindset. You're more likely to grasp the information after some rest. 5Work with a
study group and teach each other. Teaching others what you know is a proven way to strengthen your understanding. When you dont 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. 6 Take 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]Dont do anything that might distract you from returning to your studies. For example, dont start watching an episode of your favorite TV show, as itll 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 as practice tests to predict how well youll perform on the actual test.[19]If more than one prior test is available, use
one to study the format and types of questions. Treat this test as a set of practice questions. Then, use another test as a practice test. When yourself according to the test rules. Reader Poll: We asked 451 wikiHow readers, and 66% of them agreed that the
best way to prepare for a test is to take online practice tests. [Take Poll]3Ask a friend or relative to quiz you over the material. This helps you determine what topics might need more attention. Additionally, giving your answers aloud can help you commit them to memory. [20] Explaining your answers to someone else can help you
better understand and retain the information. [21] It's best to ask someone who knows the material to quiz you. However, anyone can quiz you, as long as you provide them with the correct responses to the questions so they can check your accuracy. Advertisement 1Save the few days before test day for a final review of the material. Don't try to study
new information in the days right before the test. Cramming wont help you be successful! In the days right before your test day.2Go to bed early the night
before the exam so youre well-rested. Youll perform better on the exam if you arent exhausted. Dont stay up all night cramming for the test! Spend an hour or 2 before bed winding down, then get in bed about 8 to 10 hours before you need to be up in the morning.[23]If youre having trouble falling asleep, sit up in bed and do a relaxing activity. You
might read a comforting novel, listen to calming music, color in an adult coloring book, or knit. Choose something that relaxes you acrow the exam site so you don't have to worry about being late. Not only will this give you padding in case you encounter traffic or
miss a bus, it will also help you stay relaxed because you wont feel pressed for time. [24] If youre setting an alarm on your exams! 4Eat a healthy, balanced breakfast the morning of the test. A good breakfast will help you focus throughout your exams. Complex
carbohydrates along with a protein source are the best way to fuel yourself for your exams. Here are some breakfast ideas:[25]Make a bowl of oatmeal with milk and sliced almonds. Eat scrambled eggs with a side of sliced tomatoes and a piece of whole-grain toast. Mix half a banana and toasted oats into a container of Greek yogurt. Advertisement Add
New Question Question How can I prepare six subjects in two months for board exams when each subject has 13 to 15 very difficult and long chapters? The key here is time management. Use every ounce of your spare time studying. In addition to that, start off with topics you know you will struggle with the most. Then, review the other chapters as
briefly as you can. After that, go back and review the material you had trouble with. Question I have seven months to go. How should I be concentrated and prepare for it? Set yourself a timetable each week to make sure you study every day, and balance your review time for every subject you're taking. You can get a lot done in seven months if you
use your time productively. Question Is it okay to watch a movie 5 days before the exams? If you've worked hard that day and made plans to be as productive as you can for the rest of the time you have left, go ahead. Taking breaks to do things you enjoy can refresh your mind and help you concentrate more on your studies in the long run. See more
answers Ask a Question Advertisement Thanks Thanks Advertisement Thanks Thanks Advertisement 
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 55,365 times. Co-authors: 14 Updated: May 29, 2025
Views:55,365 Categories: Exam Revision PrintSend fan mail to authors for creating a page that has been read 55,365 times. Do you have board exams in near months? Board exams are far different from competitive exams like JEE Mains & Advance. So, its obvious, you need to have a different preparation strategy for your board exams are far different from competitive exams like JEE Mains & Advance. So, its obvious, you need to have a different preparation strategy for your board exams are far different from competitive exams like JEE Mains & Advance. So, its obvious, you need to have a different preparation strategy for your board exams are far different from competitive exams like JEE Mains & Advance. So, its obvious, you need to have a different from competitive exams like JEE Mains & Advance. So, its obvious, you need to have a different from competitive exams like JEE Mains & Advance. So, its obvious, you need to have a different from competitive exams like JEE Mains & Advance. So, its obvious, you need to have a different from competitive exams like JEE Mains & Advance. So, its obvious, you need to have a different from competitive exams like JEE Mains & Advance. So, its obvious, you need to have a different from competitive exams like JEE Mains & Advance. So, its obvious, you need to have a different from competitive exams like JEE Mains & Advance. So, its obvious, you need to have a different from competitive exams like JEE Mains & Advance. So, its obvious, you need to have a different from competitive exams like JEE Mains & Advance. So, its obvious, you need to have a different from competitive exams like JEE Mains & Advance. So, its obvious, you need to have a different from competitive exams like JEE Mains & Advance. So, its obvious, you need to have a different from competitive exams like JEE Mains & Advance. So, its obvious, you need to have a different from competitive exams like JEE Mains & Advance. So, its obvious from the like Advance is the proper from the like Advance is the like Advance is the like
through this phase when I had JEE mains and 12th board exam in the same month and I needed to prepare well for both exams. With having a different strategy for board exams, I always scored very well in my 10th and 12th boards. So in this article, Im gonna share 9 tips that must be very useful for you to study for board exams, even when you have
a competitive exam also. So, if youre already looking for how to study for board exams or board exams. Our first and very important tip for you is- Make a routine. Until youll have a proper routine or schedule then it will
be very difficult for you to give extra time for board exam preparations and study consistently daily. Here are two questions you need to ask yourself: #1. How much time do you have: Its very important to know how much time do you have: Its very important to know how much time you have or wanna give for your board exam preparation. Most of the students who also prepare for competitive exams only
study for 1-2 months for their board exams. So according to your performance in class, you have to decide how much time do you need to complete the syllabus for board exams. #2. What times do you have to find what are times that youll spare for
the board exam preparation daily. The best way to find this time is to either make a routine or plan for every single day. I mean, before sleeping or after waking up just write a note about how youll spare your tomorrow and at which time youll study for board exams. (Must include early morning studies in your schedule.) This tip works like a to-do list
and it must be useful for your board exam preparation. Even this tip helped me to cover all syllabus in less time for my 12th board. Let me tell you exactly what you need to do For your board exams, you might have a syllabus, or if you dont have then make one by yourself. A syllabus helps you to prepare for your exam in the right way and cover the
subjects that seem important. Now, you dont need to differentiate your topics and questions for the subjects and topics, study according to them. Make sure you study the difficult subjects first because, the subjects in which youre good, you can
prepare easily for it in the last 5 days before exams, however for the difficult subjects you may need more time. Note: when you finish any subject then make s cross on the list that will motivate you to complete the rest syllabus. While preparing for the exams you may ignore some concepts or theories by saying I know it or I can manage it if it appears
in the exam. Even sometimes you may be too confident that this question is not gonna come so I dont know to study for it. Isnt it? However, we cant really guess what is important for our exam and what is not. Maybe the concepts you have ignored can appear most. So, instead of overlooking anything, remember all the concepts that youre not quite
good at. Remember, dont just study for the board exams, you also need to clear all your concepts. If you understand any concepts very well and you can teach others too then I dont think you need to give extra time to remember that. So, be confident about what you know and what you study. In our board exams, most of the questions can be
subjective questions that means you have to write long answers for them. Some of them may need a short explanation while some of them take one page for explanation. Isnt? So, you should make a habit to write long answers fast for them. And for this, your fair notes can be very helpful, if you have. Now it doesn't mean you should copy-paste from
the notes on a blank page. First, you need to learn a concept quickly from your notes and then make a question, you just need to write its answers in your own way without taking any help from books and notes. This will not only help you to revise a theory, but it will also make a
habit of writing long answers fast. Remember, dont try to make the answer long by adding words, just write the answers precisely. Previous years questions help you give an idea about upcoming questions; because of this, you can easily understand the question format and
practice well. Even sometimes, some questions can be repeated in your board exams. Apart from this, there are many more benefits of solving previous years papers. You can easily get previous years papers together with questions however you
dont need to remember that answers or write the same answer. Dont use a question bank like study material, use it as a practice tests class before 5-10 days when you have prepared for your exams that will also make a practice tests class before 5-10 days when you have prepared for your exams that will also make a practice tests class before 5-10 days when you have prepared for your exams that will also make a practice tests.
exam is a lack of time. You might know all the questions at the board exam but what if you dont have enough time to solve them. So, here is the solution that you should apply when you study for board exams- Challenge yourself with the time. While remembering any subject, writing long answers, solving problems, or taking any tests, limit yourself
with the time and give a specific time to solve a question. While taking your first practice test, You cant solve all questions at a time but practice must make you perfect. Group study for board exams. In group study or combined study, not only you share your knowledge, however, you also get an opportunity to grab others
knowledge too that you might not know. There are many benefits of group study also. In very little time, you understand a learn concepts quickly and when you share your knowledge with others there are high chances you can retain that information for a long time (learning pyramid theory). So if you have some good friends who support you and
listen to you then try to arrange a group study with them one day whether it is for revising a subject or taking a practice test together or anything that important for your board exams and following the above tips you always find some questions.
that seem very difficult to you and you always make mistakes there. Isnt? Even, if you find any theory or concepts that you dont want to remember but is important for exams then make a list of that type of questions or theories. To learn those questions or theories, you can try Spaced practice study technique. Space practice is a great way to
remember something for a long time. According to this study technique, you review your list of tough questions in spaced intervals similar to the schedule below: Day 1: Learn the material in classDay 2: Revisit and reviewAfter one week: Revisit and reviewAfter one week: Revisit and reviewAfter two weeks: Revisit and review After following this technique, you
wont forget easily what you have studied. I have seen many students who dont study for whole sessions and few days before their board exams they cramming dramatically increases a students stress levels. This stress harms their ability to
concentrate, making preparing for a test even more difficult. If you are an average student and you have at least one month for your board exam then I dont think you need to cram and study the day before exams. Isnt it? So, instead of studying the day before exams and pull all night, you should enjoy your day and hang out with friends, watch a
movie, take a good amount of sleep, take care of your health, and eat well. So in this article useful for your board exams. I hope you found this article useful for your board exams. I hope you found this article useful for your board exams. I hope you found this article useful for your board exams. I hope you found this article useful for your board exams. I hope you found this article useful for your board exams. I hope you found this article useful for your board exams. I hope you found this article useful for your board exams. I hope you found this article useful for your board exams for your board exams. I hope you found this article useful for your board exams. I hope you found this article useful for your board exams. I hope you found this article useful for your board exams for your board exams. I hope you found this article useful for your board exams for your board exams for your board exams for your board exams. I hope you found this article useful for your board exams f
your board exams? Let me know in the comment Preparing for board exams can be an extremely stressful experience for students. It requires intense focus, dedication, and hard work. However, by developing a comprehensive plan, setting realistic goals, and staying organized, students can reduce their stress levels and maximize their chances of
success. Here are 10 tips to help students prepare for board exams without stressing: A Positive Mindset to Achieve Your Goals Motivation and a desire to succeed are important qualities that you can achieve your goals. It takes more effort than just trying hard and working harder. Its a
mindset and its something that you must train yourself on from the day you start studying for your exams until the day you are covering all the topics you need to learn in time for the exam. Break down youre studying into manageable chunks and
use the plan to keep yourself on track. Whether you are sitting for the first time or are a returning candidate, creating a study plan and sticking to it is key. With the right preparation, you can maximize your energy and minimize stress so that you can do your best during the exam and give yourself the best possible shot at scoring well. Take Regular
Breaks and Stay HydratedTaking breaks during a study session and staying hydrated helps to ensure that you are in the right mood to retain the information you have just learned. Take regular breaks, eat well, and drink plenty of water during your study sessions. Even if you do not feel like studying you should still try to show up at least half an hour
prior to the exam start time so that your mind is rested and ready. Exercise Exercise regularly to stay physically and mentally fit, which will increase the chances of you remaining focused when it comes to board exams. It protects your body from illness, prevents diseases, and treats minor illnesses. It boosts your immune system, which keeps you
 healthy throughout the year. There is no single way to prepare for a board exam, but we do know that regular exercise is key. Take a Balanced & Nutritious DietEating healthy will also help you have less stress when it comes to exams. Implement a healthy lifestyle; eat less processed foods and more organic food, drink plenty of water, get eight hours
of sleep every day, and exercise regularly to keep your body energized. Students should also avoid junk food, coffee, and tea as these no good for their health and always affects their concentration. Take Mock Tests to Assess Your Level of PreparednessThe best way to ensure you are prepared for the exam is to take a mock test so that you know how
much time and effort it will take. Take practice tests along with, or as part of studying for your Board exams. The only way this can be done effectively is by taking several practice tests and working with a mentor who has taken the same topics before. Get a Good Night Sleep to Stay FocusedThe successful preparation for the exams requires not only a
good study plan but also adequate time to relax, sleep and eat enough. Aim to have 8 hours of sleep as much as possible each day. Get plenty of sleep the night before your exams. A good nights rest will make you feel refreshed and your brain will be in peak condition. Use Mnemonics and Memory AidsIt is hard to remember everything you need to
know before your board exam, especially when you learn it at the last minute. Before you start studying, you should create your own mnemonics and memory aids or mnemonics words, groups of words, or images that help us learn. A
popular mnemonic is the acronym BITE (as in big idea, tiny example) which helps to remember which topics are most important (big idea) and helps us practice learning material in bite-sized pieces. Work on Your Strengths and Weaknesses Identify
 what areas need further study, and then decide so that you can overcome these weaknesses during exam time. With everything that needs to be done and the pressure of having to perform well under time constraints, it can be difficult to stay organized and remain mentally focused. By listing all your strengths and weaknesses, you can identify which
areas of study need improvements in order to achieve your goals. Reward Yourself for Completing Tasks. Do yourself a favor and avoid stressing about studying for the exam. And for that, make sure you set out to do. There are
always a ton of things to do, and the more you focus on preparing, the harder it is to find the extra time! But youre not alone with this problem most students feel the same way. Staying positive and rewarding yourself for completing tasks will help keep you on track and make sure you stay motivated throughout your studying process Views expressed
above are the author's own. END OF ARTICLE Download Article Preparing for your studies means youre 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 yourself so 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 for your 10th year board exams, you might spend the first hour studying for your 10th year board exams, you might spend the first hour studying for your 10th year board exams, you might spend the first hour studying for your 10th year board exams, you might spend the first hour studying for your 10th year board exams, you might spend the first hour studying for your 10th year board exams, you might spend the first hour studying for your 10th year board exams, you might spend the first hour studying for your 10th year board exams, you might spend the first hour studying for your 10th year board exams, you might spend the first hour studying for your 10th year board exams, you might spend the first hour studying for your 10th year board exams, you might spend the first hour studying for your 10th year board exams, you might spend the first hour studying for your 10th year board exams, you might spend the first hour studying for your 10th year board exams, you might spend the first hour studying for your 10th year board exams, you might spend the first hour studying for your 10th year board exams here.
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 doesnt 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 in the next room. This way, you'll be able to hear it if you receive a call, but you won't be tempted to check it constantly. Advertisement 3Review your syllabus or exam prep book and identify the main topics. Focus your studies on major ideas and concepts youre expected to know. Study
one main idea or concept at a time. Spend more time on topics that youve struggled to master in the past.[3]Dont worry about minor details, such as dates and concepts. Youll 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. 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 youre expected to know. Make a list of areas you need to spend more 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. 5 Read through your notes and fill in any gaps
Your notes are an essential study resource. Review what youve 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 youve struggled with the first time. If you have time, read up on current events or current
peer-reviewed articles. For instance, when preparing for medical board exams, you might read medical journals related to your field. Tuse a study guide for the board exams your etaking. For some exams, you can purchase a book that covers the
exam format, the subject matter you need to understand, and practice tests. In addition to study materials, you can find educational videos and articles about the topics youre studying.[7]Look online for a study guide or review book. Do a simple Internet search for your board exams to find out what's available to you. Many exams have study materials
available for free. When choosing the best study guide, look for 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 excellent mother just served us nuggets. 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
remember difficult concepts. Choose your favorite song or a simple tune like Twinkle, Little Star. It doesnt matter if your seng aloud to yourself in your favorite song or a simple tune like Twinkle, Little Star. It doesnt matter if your seng aloud to yourself in your favorite song or a simple tune like Twinkle, Little Star. It doesnt matter if your seng aloud to yourself in your seng aloud to yourself to help you remember it.
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] 4S witch 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 estudy session. [14] Its normal for you to feel mentally exhausted while youre 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. 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. Take a break or even an entire day off and come back to the material with a fresh mindset. You're more likely to
grasp the information after some rest. 5Work with a study group, you can cement what you know is a proven way to strengthen your understanding. When you work with a study group, you can cement what you know is a proven way to strengthen your understanding. When you work with a 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, choose something fun, like listen to music.[16]If you're grabbing a snack, choose something fun, like listen to music.[16]If you're grabbing a snack, choose something fun, like listen to music.[16]If you're grabbing a snack, choose something fun, like listen to music.[16]If you're grabbing a snack, choose something fun, like listen to music.[16]If you're grabbing a snack, choose something fun, like listen to music.[16]If you're grabbing a snack, choose something fun, like listen to music.[16]If you're grabbing a snack, choose something fun, like listen to music.[16]If you're grabbing a snack, choose something fun, like listen to music.[16]If you're grabbing a snack, choose something fun, like listen to music.[16]If you're grabbing a snack, choose something fun, like listen to music.[16]If you're grabbing a snack, choose something fun, like listen to music.[16]If you're grabbing a snack, choose something fun, like listen to music.[16]If you're grabbing a snack, choose something fun, like listen to music.[16]If you're grabbing a snack, choose something fun, like listen to music.[16]If you're grabbing a snack, choose something fun, like listen to music.[16]If you're grabbing a snack, choose something fun, like listen to music.[16]If you're grabbing a snack, choose something fun, like listen to music.[16]If you're grabbing a snack, choose something fun, like listen to music.[16]If you're grabbing a snack, choose something fun, like listen to music.[16]If you're grabbing a snack, choose something fun, like listen to music.[16]If you're grabbing a snack, choose something fun, like listen to music.[16]If you're grabbing a snack, choose something fun, like listen to music.[16]If you're grabbing a snack, choose something fun, like listen to music.[16]If you're grabbing a snack, choose something fun, like listen to music.[16]If you're grabbing a snack, choose something fun, like listen to music.[16]If you're 
or peppers, almonds, walnuts, or fresh fruit, like apples and bananas.[17]Dont do anything that might distract you from returning to your studies. For example, dont start watching an episode of your favorite TV show, as itll 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 or pieces of paper, or you can make them online on a site like Quizlet. You can then flip through your cards 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 youll perform on the actual test
[19]If more than one prior test is available, use one to study the format and types of questions. Treat this test as a practice test, treat it like the real thing. Take the test in a quiet location and time yourself according to the test rules. Reader Poll: We asked 451
wikiHow readers, and 66% of them agreed that the best way to prepare for a test is to take online practice tests. [Take Poll]3Ask a friend or relative to quiz you over the material. This helps you determine what you know and what topics might need more attention. Additionally, giving your answers aloud can help you commit them to memory.
[20]Explaining your answers to someone else can help you better understand and retain the information. [21]It's best to ask someone who knows the material to quiz you. However, anyone can quiz you, as long as you provide them with the correct responses to the questions so they can check your accuracy. Advertisement 1Save the few days before
test day for a final review of the material. Dont try to study new information in the days right before the test. Cramming wont help you be successful! In the days right before you take your board exams, its best to just do a general review of the main ideas and concepts to refresh your memory. [22] Make sure youve covered every topic you need to
understand before your test day.2Go to bed early the night before the exam so youre well-rested. Youll perform better on the exam if you arent exhausted. Dont stay up all night cramming for the test! Spend an hour or 2 before bed winding down, then get in bed about 8 to 10 hours before you need to be up in the morning.[23]If youre having trouble
falling asleep, sit up in bed and do a relaxing activity. You might read a comforting music, color in an adult coloring book, or knit. Choose something that relaxes you. 3Set your alarm so that you can arrive early. Give yourself an extra hour of travel time to reach the exam site so you don't have to worry about being late. Not only
will this give you padding in case you encounter traffic or miss a bus, it will also help you stay relaxed because you wont feel pressed for time. [24] If youre setting an alarm on your phone, set several in case you sleep through one. You dont want to sleep through your exams! 4Eat a healthy, balanced breakfast the morning of the test. A good breakfast
will help you focus throughout your exams. Complex carbohydrates along with a protein source are the best way to fuel yourself for your exams. Here are some breakfast ideas:[25]Make a bowl of oatmeal with milk and sliced almonds. Eat scrambled eggs with a side of sliced tomatoes and a piece of whole-grain toast. Mix half a banana and toasted oats
into a container of Greek yogurt. Advertisement Add New Question How can I prepare six subjects in two months for board exams when each subject has 13 to 15 very difficult and long chapters? The key here is time management. Use every ounce of your spare time studying. In addition to that, start off with topics you know you will struggle
with the most. Then, review the other chapters as briefly as you can. After that, go back and review the material you had trouble with. Question I have seven months to go. How should I be concentrated and prepare for it? Set yourself a timetable each week to make sure you study every day, and balance your review time for every subject you're
taking. You can get a lot done in seven months if you use your time productively. Question Is it okay to watch a movie 5 days before the exams? If you've worked hard that day and made plans to be as productive as you can for the rest of the time you have left, go ahead. Taking breaks to do things you enjoy can refresh your mind and help you
 concentrate more on your studies in the long run. See more answers Ask a Question Advertisement Thanks Thanks Advertisement This article was co-authored by Josh Jones and by wikiHow stair writer, Danielle Blinka, MA, MPA. 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
55,365 times. Co-authors: 14 Updated: May 29, 2025 Views:55,365 Categories: Exam Revision PrintSend fan mail to authors for creating a page that has been read 55,365 times. Download Article Download Article Preparing for your board exams might feel overwhelming, but being dedicated to your studies means youre 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 youre ready for test
day. 1Create 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 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 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 doesnt distract you from your studies. For example, you might listen to classical music. If you don't want to turn off your phone in the next room. This way, you'll be able to hear it if you receive a call, but you won't be tempted to check it constantly. Advertisement
3Review your syllabus or exam prep book and identify the main topics. Focus your studies on major ideas and concepts youre expected to know. Study one main idea or concept at a time. Spend more time on topics that youve gotten a basic
understanding of the main ideas and concepts. Youll 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 youre 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 youve 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 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 youve struggled. For example, you might go through
your old textbooks to review highlighted portions and topics you struggled with the first time. If you have time, read up on current events or current events or current peer-reviewed articles. For instance, when preparing for medical board exams, you might read medical journals related to your field. Tuse a study guide, review book, and online resources, if theyre
available. In most cases, you can find a digital study guide for the board exams youre taking. For some exams, you can find educational videos and articles about the topics youre studying.[7]Look online
for a study guide or review book. Do a simple Internet search for your board exams to find out what's available for free. When choosing the best study guide, look for 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 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. A long the information of the property of the information of the informat
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 remember the planets of
the Milky Way with the following mnemonic device: My very excellent mother just served us nuggets. 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, 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. 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.[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 CEO, Tes
only score guarantee program for private GMAT tutoring. He has presented at the QS World MBA Tour and designed math curricula for Chicago. Take a break if you feel like you're stuck. If you don't feel like
you're gaining ground on a specific topic, take a break or even an entire day off and come back to the material with a fresh mindset. You're more likely to grasp the information after some rest.5Work with a study group and teach each other. Teaching others what you know is a proven way to strengthen your understanding. When you work with a
study group, you can cement what youve already learned and get help on topics you dont 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. 6 Take
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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]Dont do anything that might distract you from returning to your studies. For example, dont start watching an episode of your
favorite TV show, as itll be hard to turn it off and go study. Advertisement 1 Make flashcards to test your memory. Flashcards to study for the
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as you can for the rest of the time you have left, go ahead. Taking breaks to do things you enjoy can refresh your mind and help you concentrate more on your studies in the long run. See more answers Ask a Question Advertisement Thanks Thanks Advertisement Thanks Advertisement Thanks Advertisement This article was co-authored by Josh Jones and by
wikiHow staff writer, Danielle Blinka, MA, MPA. 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 quarantee 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 55,365 times. Co-authors: 14 Updated: May 29, 2025 Views:55,365 times. Exam Revision PrintSend fan mail to authors for creating a page that has been read 55,365 times. In this blog post,
we will outline the most feasible approach to help students prepare for board examinations. We will begin by emphasizing the significance of understanding the important. It will then provide tips on organizing study materials,
setting realistic goals, and breaking down the syllabus into manageable sections. Additionally, the post will suggest effective revision techniques, such as creating concise notes, using mnemonic devices, and practising with flashcards. By following this systematic approach, students can streamline their preparation and improve their performance in
board examinations. What is the importance of effective preparation for board examination? Effective board examination preparation is crucial for upcoming final board examination preparation for board examination? Effective board examination preparation is crucial for upcoming final board examination preparation for board examination? Effective board examination preparation is crucial for upcoming final board examination preparation for board examination for board e
preparation helps students develop better time management skills, which are essential for success in any field. Creating and sticking to a study plan is an important part of exam preparation. Students should begin studying as soon as possible according to their study plan or timetable. Practice tests are an ideal tool to prepare for final exams as they
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help in creating a strategic preparation plan. Review sessions are also helpful as they help students focus on what they know and do not know, and engage them in the learning process. To prepare effectively for board exams, students should develop a positive mindset, set realistic goals, and stay organized. They should also get adequate sleep,

