

Forum:[Hack Forums](#)

Thread: [12 Habits of Highly Effective People \[How to pass your exams\]](#)

Rivalry - April 3, 2014, 2:08 pm

Exam season is fast approaching (at least for those in the UK) and so I thought I'd try to help other people out, who maybe aren't too sure of how to revise or prepare effectively for exams. If you have any questions, post them below or send me a message :)

- 1) Focus (or remove anything that could be distracting at all). I have the willpower to not be distracted, but if you don't, just remove your laptop etc from wherever you're revising. Listening to music does NOT help you concentrate; it reduces the amount of information your brain retains and is distracting. Don't do it.
- 2) Start early. I started in March, for my GCSEs. You don't even need to do much; little and often is the best bet at that early stage. I would do about an hour a night until Easter, at which point I stepped it up.
- 3) Use [memrise.com](#) where possible to learn quotes for subjects like RS, History and English, or just vocabulary in your MFL or other subjects. Brilliant website, and it will drag up your grade if you use it properly regularly. I guarantee it.
- 4) Stay motivated. There will be days when you don't want to study. The body does what the mind tells it to do; tell yourself to study. The next 3 years will be the hardest in terms of workload and academic pressure of your life, but bear in mind that working your ass off now will pay off in dividends later, and will open tons of doors for you for university.
- 5) Revise in 1 hour slots. Never go over by much, never go under. After an hour, you start to get diminishing returns for your effort level, so stop.
- 6) Make a timetable, and stick to it. Self explanatory.
- 7) Pin notes around the house. I found that when there was something I had to remember, like dates in History, or a case study for Geography, just writing it on some A4 in big letters and then sticking it somewhere that I regularly walked past was useful. The back of the toilet door was always good!
- 8) Past papers, all the time. Learn/revise something, and then do a past question on it. It cements your knowledge and allows you to see what kind of thing you'd write in the exam, allowing you to refine your revision process. I did about 30 past papers for Maths, and about 15 for History. It pays off, big time. Do them to time, too!
- 9) Beat the nerves. If you've prepared properly, an exam is just regurgitating knowledge you already know. It's nothing to be scared of, so don't let being anxious ruin your preparation and cause you to fail.
- 10) Avoid gimmicks. Don't take 'mascots' or water into the exam hall with you. Take what you need to do the exam, and nothing more. Water will not cause you to perform better. It will simply distract you and waste your time during an exam.

11) Make notes multiple times over. Revise a topic thoroughly once, go and do another subject and come back in a few days. Try to remember as much of what you did originally as possible, and then refer to your first notes and re-write them. This strengthens your long-term memory and hastens your factual recall (by doing this I got my factual recall down to an average of 0.8 seconds on topics I was solid at, which gives you an unassailable advantage in the exam hall).

12) Learn everything. Do NOT make the mistake of thinking 'well, this barely comes up so I'll not do it'. That is the single biggest failing you can make. Revise EVERYTHING. If you know everything, the exam cannot surprise you, which will allow you to keep mentally calm and do as well as possible.

Good luck to everyone taking exams this summer, and I hope that I helped you to learn something new today, even if it was just a little.

-Rivalry

Etho - April 3, 2014, 6:07 pm

Thanks for this! But I already broke the first rule by reading this thread and posting this comment. I'm off to a good start.

Wumbology Expert - April 3, 2014, 9:41 pm

A lot of people probably were too lazy to read it, but I found it pretty good knowledge to have. I feel that if you just take the time and are determined you can easily be highly effective.

Rivalry - April 5, 2014, 12:14 am

(Apr 3, 2014 09:41 PM)Casual Flosser Wrote: [\[CITE\]](#) A lot of people probably were too lazy to read it, but I found it pretty good knowledge to have. I feel that if you just take the time and are determined you can easily be highly effective.

Yeah, people are too lazy to read anything that might benefit them that's longer than a paragraph or two. It's quite sad, really. This is why people don't read books.

I'm glad I could help, at least!

z??? - April 5, 2014, 12:24 am

Great tips

Talk about starting early ... I did 4 gcse's in year 9

d4rkj4y - April 5, 2014, 12:26 am

13) Take nootropic drugs such as piracetam, oxiracetam, aniracetam, phenylpiracetam, centrophenoxine, alpha-gpc - for that extreme mental focus / motivation

If your hardcore, maybe some ritalin - but be careful with that.

vqs - April 6, 2014, 3:01 pm

Finally! a good student who shared his secrets.Thanks for letting the average ones know how to excel.This thread is very helpful.

Dean Winchester? - April 6, 2014, 3:07 pm

Thanks for the thread! Read over it quickly and they all seem like good tips.

I'll be sure to read this over when I get into my exams :)

uooyd - April 6, 2014, 3:11 pm
bookmarked<3 thankyou
//goodhabits//

Rivalry - April 20, 2014, 8:28 am

I keep seeing threads from people about how to study, so I'll push this back to the top to try and increase exposure.

Good luck chaps and chapettes, and thanks for the positive feedback :)

GL1TCH3D - April 20, 2014, 9:24 am

I thought these were obvious but I guess not

That's why I always make sure I have a print copy of everything I need to study.

You could also delete games from any electronic devices you own, temp ban yourself on the sites you visit.

jjhister - April 20, 2014, 11:07 am

Thanks for the guide. Good luck everyone on their exams if you're taking them.

Mortifying - April 20, 2014, 11:59 am

Great tips, but I always refrain from heavy timetabling. It can become a burden. Freedom is an innate desire as a human and being tied down to a strict schedule can be tedious.

I tend to like gimmicks in exams. More so rituals I guess, I do have some strange examination day habits.

Rivalry - April 20, 2014, 12:06 pm

(Apr 20, 2014 11:59 AM)Mortifying Wrote: [\[CITE\]](#) Great tips, but I always refrain from heavy timetabling. It can become a burden. Freedom is an innate desire as a human and being tied down to a strict schedule can be tedious.

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Yeah, I tend to timetable at first to establish momentum and then just abandon it after a while and focus on areas that need more attention. If we're taking freedom as an innate desire that every human needs, then school as a whole is rather contrary to that idea, since we all must learn the prescribed curriculum with little room for manoeuvre to do what we want ;)

Hmm, I've never been a fan, but I guess it's a personal thing. I like to take exactly what I need in, and nothing more. I hate cluttered tables, and I hate drinking during exams as it just wastes time for me. Still, I think it's important that people do whatever works for them, but I just wouldn't recommend it myself.

Glad this thread is helping people!

Xerexz - April 20, 2014, 12:31 pm

Thanks for the guide, it'll be really useful for some people.

What AS levels are you doing? I'm doing my A2s right now!

Rivalry - April 20, 2014, 1:01 pm

(Apr 20, 2014 12:31 PM)Xerexz Wrote: [\[CITE\]](#) Thanks for the guide, it'll be really useful for some people.

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I take German, English Lit, Politics, Geography and Critical Thinking. I'll carry on with all of them next year, apart from Critical Thinking which I am forced to drop.

Good luck! What unis have you applied for/where'd you get offers from? (Assuming you're going haha)

VYKTOR - April 20, 2014, 1:05 pm

Hail, Mary

I have got my end semester exams in three days & right now, I've broken almost all rules.

Guess, I'll have to catch up fast..

GOOD HQ post by the way.

Mortifying - April 21, 2014, 1:19 am

(Apr 20, 2014 12:06 PM)Rivalry Wrote: [CITE](#) Yeah, I tend to timetable at first to establish momentum and then just abandon it after a while and focus on areas that need more attention. If we're taking freedom as an innate desire that every human needs, then school as a whole is rather contrary to that idea, since we all must learn the prescribed curriculum with little room for manoeuvre to do what we want ;)

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That's so true. Since starting my course I've been tied down to coursework so much that I haven't really had the time or the mindset to concentrate on learning things that I actually want to. Unfortunate.

ShareCentury - April 21, 2014, 3:05 am

Lol start early i started in mrhc LOOOO! Bro i started at the beginign fo the year form the first day! No joke?

Rivalry - May 2, 2014, 10:37 am

I'll send this to the top again, since exam angst draws ever closer...

M?gic - May 2, 2014, 10:39 am

More importantly, take adderall. It truly does work, and substance abuse is an idea of the past.

Note: I am not responsible for your actions ... or good test scores. ?

Ryan - May 4, 2014, 1:06 pm

Most of these tips seems very effective and smart. I will save these for when I have a big exam coming up.

Rivalry - May 7, 2014, 2:09 pm

Exams are imminent (starting next Monday for me), so go go go!

FlexiN - May 7, 2014, 2:10 pm

I wish I would have read this yesterday, I just took my last exam today

Joshuame13 - May 7, 2014, 7:36 pm

I disagree with 10) Don't take water with you.

Being thirsty in an exam is much more distracting than having a water bottle.

Balanar1 - May 7, 2014, 7:51 pm

One of my good friends gave me similar tips like yours, and I have to say, they really do work. It's just procrastination that gets the best of me.

inventorswanted - May 13, 2014, 4:13 pm

I actually read everything- and will help me a great deal in my GCSE exams this summer. My science exams starts really soon, on 6 - 10 - 12 June (three whole units for each sub-sciences.)

OP if you got time maybe you can help me through PM, because it's quite stressing sometimes... Especially when there is multiple exams in line one after another.

Thanks for the guide!

Mr.Peanut - May 13, 2014, 4:14 pm

Good read/list! Isn't the concept/name from a book? I can't remember lol

Rivalry - May 14, 2014, 3:31 am

(May 13, 2014 04:14 PM)Mr.Peanut Wrote: [\[CITE\]](#) Good read/list! Isn't the concept/name from a book? I can't remember lol

Yeah, it is! I've never read it, though.

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Thanks for the guide!

I'm around via PM, if you want some help. I have my AS levels currently, though, so I'm not here to mollycoddle you, as I don't have time to. However, if you would like some guidance or help, just message me!

KittoniuM - June 22, 2016, 12:21 am

U might have exam season but i have your mothier season!

My bick is approchiaing your mother every day y the second!!!

blazelord - June 23, 2016, 4:07 pm

thanks OP.. good write up

Dave from the lawyer firm - June 26, 2016, 8:27 am

nice text man, really useful tips.