

ST. PIUS X HIGH SCHOOL
Dominican Sisters of Houston ★ 1956

SPX Exam Preparation

HOW TO DO YOUR BEST
TEN IMPORTANT GUIDELINES

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1. Start to Review Early



- You need to start at least two weeks before exam week!
- Thanksgiving vacation is a good time to get organized and begin.
- Use your planner to set up study/review times each evening (20-30 minutes)
- Alternate subjects each evening.

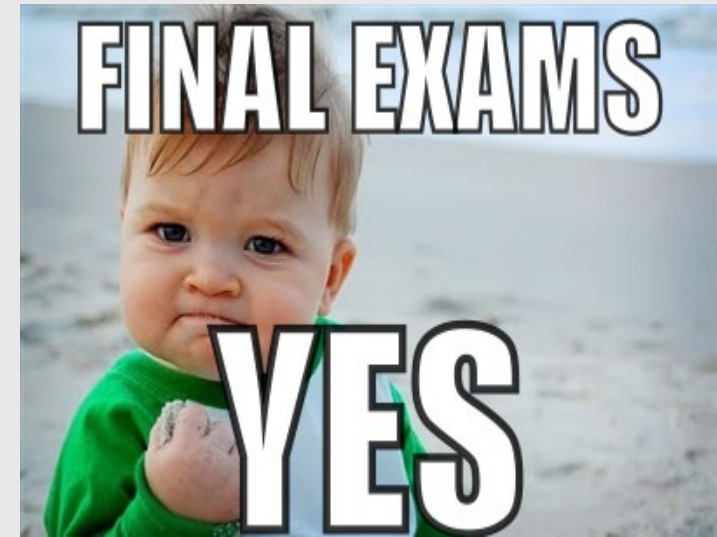
2. Extra Help



- See each teacher if you need to!
- Start seeing teachers in advance – go to their tutorials.
- Ask your teachers how they would study for their exams!
- Find out what material you are responsible for on the exam.
- Ask for a study guide for each course. If there is none – make one!
- Form a study group or find a study partner.

3. Study for ALL Exams

- Don't take any subject for granted.
- Study extra hard for your weak subjects.
- Don't neglect your strong subjects – need review too.



4. Take Books and Notes Home Early as Possible

- Locate your notes, old tests and quizzes.
- Take books home as early as possible and leave them there.
- You will have everything at home to study when you need to prepare.



5. Organize

- Organize your notes, old quizzes and test in order of the semester.
- Make sure you have them all and have the correct answers.
- Arrange with a friend to copy those you are missing so you can study them.
- You will need to study all of these in addition to the review guide the teacher may give you and your textbook.



6. Sacrifice

- Exams are too important to fit AROUND a recreation schedule.
- Do the OPPOSITE – fit recreation around your study schedule.
- Study on both weekend days and fit your recreation around study time.
- You are reviewing the work of an entire semester – to do it well requires a great deal of study time.
- Remember you are practicing preparation for future college exams.



7. Organize and Plan Your Study Time



- Single most important and effective strategy for studying - plan!
- Plan time during weeks ahead of exams (set aside 20-30 minutes a night to review one subject each evening)
- Write it down in your planner – more likely to remember and stick to it!

Weekend Study



- Use all of the weekend before exam week to study – both Saturday and Sunday.
- Determine what your important recreational activities and your obligations are for the weekend and figure them into schedule. You may need to cut some out so decide which are most important.
- Make a timetable/calendar of your weekend study days and your afternoon study days during exam week.

Sample Weekend Day Study Schedule

- Sample Schedule for weekend – or devise one that works for you! Each long study time should be broken up with brief mini breaks every 30 minutes!
 - 10:00 – 11:00 – Math
 - 11:00 – 11:30 – Break
 - 11:30 - 12:30 – English
 - 12:30 – 1:00 – Break
 - 1:00 – 2:00 – Foreign Language
 - 2:00 – 4:30 – A long break to do what you want
 - 4:30 – 6:00 - Theology
 - 6:00 – 7:30 – Dinner and a break
 - 7:30 – 8:30 - Science



8. Use Study Time Effectively

- Focus on weakest subjects first and leave extra time later if you need more study for them.
- Leave plenty of time to study all of the subjects during each weekend day
- Focus on the most difficult material first.
- Don't study material you already know
- Study what you don't remember, you don't understand or don't know well.



9. Use Exam Week to Your Best Advantage



- Afternoons are free to finish preparing for the next day's exam/s.
- Take a short break when you get home, have something to eat and get back to studying.
- Schedule afternoons for study time with needed breaks and snacks.
- TV, Sports, shopping, social media should be on hold during exam week.
- Main goal is to do well on exams – lots of time for fun after exams week.

10. Study According to Your Schedule and go to Bed on Time

- You will do much better if you are rested.
- Don't stay up late – prepare ahead and you won't need to.
- Students who stay up late do poorly on tests.
- Eat breakfast – brains do not do as well on an empty stomach.



Do your personal best!

- If you put in the time to study, you will see results
- Semester exams are challenging and you will learn how to prepare better and improve each time. This is practice for college.
- Semester exams are worth 20% of the semester grade. First Quarter grade will be 40%. Second Quarter grade will be 40%.
- Semester exams can pull your grade up or down.
- It is worth every hour you study!

