

HOW TO STUDY PSYCHOLOGY?

Here are some of the tips to study:

- The most important part is to plan a sufficient amount of time to study. Studying just one night before the exam won't do wonders.
- The students must go through the easy and difficult topics as given in the class. The difficult topics should be done first.
- The students can use flow charts and mnemonics in order to learn. Mnemonics are scientifically proven techniques for enhancing memory.
- While studying, the student must relate the study material with real life examples. It becomes a lot more easy to grasp and remember the subject if you have a real life incident supporting it.
- The students must summarize important text point-wise in their own words. These points are really helpful at the time of revision. And special attention should be given to the key words.
- Take small breaks of few minutes after 40 minutes of studying. Stretch lightly for half a minute during the breaks.
- Maintain a regular sleep pattern. Leave study at least 30 minutes before sleep.
- Avoid TV, films, chatting, long phone calls, social media unless absolutely necessary. These will tire your brain.
- Include lots of fresh fruits and vegetables in your diet. Avoid taking heavy meals.
- We are sure these rules and its recommended schedule will help you crack CBSE board exam 2019 with flying colors. All the Best!