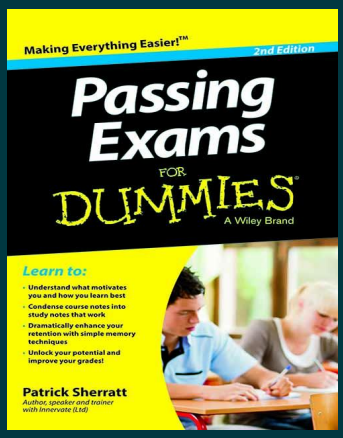
WILEY



Passing Exams for Dummies, 2ed

By Patrick Sherratt

Paperback 9788126545353 ₹329.00

Pages: 256

Description

Improve your memory, manage your time and control your anxiety with this essential guide

Do you panic at the thought of exams? Do you think you're just not the academic type? No matter how old you are, exams can be stressful -- but they don't need to be. This essential guide provides expert tips on how to change your mindset, improve your learning, control your anxiety and get good marks -- whether you're studying at school, college, university or as part of career exams.

Change the way you think about yourself and study - become an A-grade student through finding out what motivates you and how you learn best

Explore the power of relaxation - from making your brain more receptive to incoming information to coping with exam pressure and anxiety

Review your notes -- set your intention for revision and improve your reading techniques

Use basic mnemonics to improve your memory -- from mapping your notes to using rhymes, music and flash cards

Rehearse exam recall and performance -- visualisation skills for mentally and physically rehearsing passing your exams

About the Author

Patrick Sherratt

Patrick Sherratt teaches and facilitates training in meta-cognitive (learning how to learn)

Table of Contents

Introduction

Part I: Releasing Your Potential to Pass Exams

Chapter 1: Passing Exams: Preparation Is Everything!

Chapter 2: Meeting Your Amazing Brain

Chapter 3: Discovering How to Learn

Chapter 4: Thinking Strategies for High Performance

Part II: Relaxing Comes First

Chapter 5: Exploring the Power of Relaxation

Chapter 6: Finding Ways to Relax

Part III: Reviewing and Rewriting Your Notes

Chapter 7: Knowing Your Academic Purpose

Chapter 8: Reviewing Your Notes

Chapter 9: Improving Your Reading Techniques

Chapter 10: Preparing Your Study Notes

Part IV: Remembering with Pictures and Patterns

Chapter 11: Making the Most of Memorizing Skills

Chapter 12: Using Mnemonics: Simple Memory Techniques

Chapter 13: Fine-Tuning Your Memory: Advanced Visual Techniques

Part V: Rehearsing for Recall and Performance

Chapter 14: Rehearsing Your Recall

Chapter 15: Rehearsing Your Performance

Part VI: The Part of Tens

Chapter 16: Ten Tips for Exam Day: Before the Event

Chapter 17: Ten Tips for the Exam -- No Going Back Now!

Chapter 18: Ten Ways to Maintain Momentum between Exams

Part VII: Appendixes

Appendix A: Planners

Appendix B: Relaxation and Visualization Scripts

Appendix C: Learning Style Quiz and Motivational Reminder

Index

To purchase this product, please visit:
https://www.wileyindia.com/passing-exams-for-dummies-2nd-ed.html

Scan to buy