STUDY AND TEST-TAKING STRATEGIES

1.) Eating dark chocolate before studying and/or during a test may increase your understanding of the test and improve your chances of passing the exam. Flavanols are a part of a group of chemicals called polyphenols, which work by increasing the flow of blood into the brain.

2.) If you're learning style is verbal or visual, use a red pen or red flashcards to help you study. Studies show that red enhances a person's attention to detail and can later help them in recalling information.

3.) Know your learning style. People learn and retain information in different ways. Think about how you best learn new information and incorporate techniques for that style in your studying.