

MENTAL PREPARATIONS BEFORE THE EXAM

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Abstract: In this article, you can learn about mental preparations before the exam, the preparation process, the agenda, how to improve efficiency, and how to strengthen memory. In addition, there is information about pre-exam mistakes that many people make.

Key words: Lesson process, break, efficiency, repetition, mandate, agenda, exercises.

Any applicant or student should prepare well before the exam. These preparations are as follows. The day before the exam, he should rest well, go to bed early, prepare his clothes, take a shower, and definitely not have bad dreams. On the day of the exam, he will have to get up early in the morning and prepare his things. He should communicate with positive thinking people.

Start your preparation by creating a lesson plan. First of all, you need to determine whether the best time to learn new information is morning or night. Accordingly, you can schedule the main part of daily study topics for morning or evening hours. Start learning the hardest part of the new information as soon as you start the lesson, when you are focused and not tired. Alternate study and rest time often. For example, 40 minutes of lesson preparation, 10 minutes of break. It gives the brain a short rest after hard work and helps to focus better after a break. Alternate between mental and physical work, that is, alternate between the two from time to time. Make tests on the studied topic, do oral question-and-answer, repeat the topic often. It is better to answer more difficult questions out loud - this will help the information to be better remembered. Considering that every subject you study is important in becoming a competent expert in your field in the future, try not to just memorize new topics, but to fully understand each topic, to understand it in its essence. When you think about the exam and mandate (declaration of results) day, imagine yourself only and only as a winner. After all, good intentions are half a state!

Divide the day into three parts: 8 hours of study, 8 hours of rest, and 8 hours of sleep. Prepare the workplace in such a way that no one and nothing can distract you while preparing the lesson.

Eat foods rich in vitamins and calories 3-4 times a day. Make a special place for dairy products, fish, meat, fruits and vegetables.

As mentioned above, alternate mental and physical work from time to time. Minimize TV viewing, computer work, gaming, and social media access as much as possible. Avoid eye strain. Give them frequent rests and eye exercises.

Before you start memorizing new information, aim to remember this information for a long time, not just until the exam.

The better you understand the subject, the easier it will be to memorize it. Dividing the material into small parts and memorizing it with understanding takes place in the following sequence: understanding; understand the logical sequence; divide the topic into parts and determine the "keywords" of each part; to remember exactly those parts and words.

Also: the best time to repeat the learned knowledge is before going to sleep and just waking up.

Studying similar subjects one after the other leads to forgetting new information in a short time. For example, after computer science, it is more effective to do different subjects than to do mathematics.

Associating information with lifelike, funny, unusual, or memorable events will ensure faster memorization.

In conclusion, it should be said that the most important factor is not to lose yourself in any situation. Pay attention to the exam questions. Fully follow the rules of behavior, concentrate, do not rush to mark the answers. Before marking answers, read the questions twice and make sure you understand exactly what is being asked of you. At the end of the exam, take the time to check your answers and mark at least the most obvious mistakes. Good luck to you.

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