

A High Schooler's Guide to Studying for a Test

By Annie Pan

For most students, high school tests are stressful. If you're like me, chances are that you arrive at a test ready to pass out from the anxiety despite the paper not even being handed out yet.

In my freshman year of high school, the bane of my existence was math analysis: a course that covered everything from matrices to talking about tractors in space, something that was somehow supposed to connect to vectors. Every day I would go to class, leaving more confused than I



entered. Whenever the teacher started teaching, I would watch as everyone around me nodded, showing that they understood the strange language she was saying. Meanwhile, I always sat in my seat next to door, awkwardly smiling when the teacher asked, "Does everyone understand?"

I couldn't just raise my hand and announce to the class that I was completely clueless. Instead, I would silently pray for the time to rush by so I could run away from

the room, escaping my worries. However, a few days before the test I would always be at home confused beyond belief as I stared at the daunting math textbook that would lie open on my desk.

I'm sure many students have faced similar problems. You might wonder how to study for a test when you haven't been able to understand the curriculum for the whole unit.

Drawing from personal experience, I would recommend that everyone facing this type of problem to start by just reading through the textbook that your teacher gives you at the beginning of the year.

Look at the chapters, in particularly the worked out examples. It might take a few hours before you properly understand, but once you learn the process used by the examples, you'll be ready to practice your own problems.

After you have started understanding the content, start doing practice problems that are in your book. If there are no practice problems, you can always ask your teacher or visit sources like Khan Academy for practice. Remember, practice makes perfect.

By following those two steps, I was able to make it out through math analysis alive and with an A. However, if you still find problems learning the curriculum, remember that your teachers are there to support you. They're just an email away. So for

everyone getting ready for a test, whether it's the night before or a couple of days early,
good luck!

Works Cited

- “Dealing with Stress: Know the Hidden Symptoms.” Cedars,
www.cedars-sinai.org/blog/hidden-symptoms-of-stress.html.