

Effective Study Techniques for Math



Let's face it. We've all had our fair share of Math nightmares. From never-ending homework to increasingly difficult formulas! And sometimes, despite all our blood, sweat and tears, our grades just aren't reflecting the hard work we've put in.

But don't fall into despair just yet. Like sports, arts or even computer gaming, Math also requires time and effort for us to finally be good at it. Let's take a dive into 6 key tips you should know if you want to ace the subject without fuss or frills!

6 Tips to Conquer Math

Without further ado, check out some habits you can incorporate into your study routine to better hone your Math skills.

1. Practice Makes Perfect

You've probably heard this saying one too many times, but that's because it carries a simple truth. Practice does indeed make perfect.

Don't skip out on your homework or assessment book practices. Those are one of the best ways for you to create a solid foundation in Math. Always start from the basics, and don't get too ahead of yourself. You should get the basics right before you move on to the more advanced practices. Not doing so will only leave you frustrated when you find yourself unable to solve anything.

Compared to a marathoner who trains his/her stamina consistently, an average person would undoubtedly lag further behind in a race. Math is like your muscle or stamina that needs a constant work-out for you to sprint far ahead.

2. When in Doubt, Ask



Can't wrap your head around one of those complex equations? Well, what better way to understand it than to ask your teacher or tutor for guidance? Your teachers are, after all, there to enhance your learning experience. So, why not make full use of their abundant Math knowledge – they probably can't wait to share it with you!

Clarifying what you don't know will save you precious time that you would've otherwise spent slowly deciphering that alien *Math* language. There's also danger in attempting to understand the problem alone or with a friend who's equally unsure. Both of you may end up coming to the wrong conclusions.

3. Be Friends with Your Formula Sheet

Yes, it looks hideously complicated. But it may also end up being your best friend during an exam. Besides listing certain Math formulas, this sheet will also be attached to your test paper for easy reference.

Whether it is trigonometry or integrals, you won't have to fret too much. The essentials are printed out for you. Don't let it go to waste and familiarise yourself with what is listed. That way, if you need to refer to a specific formula, you won't have to frantically flip the pages to find it. You'd be surprised by how much time some students waste simply because they can't find the equation they need from the sheet!

4. Know Your Calculator's Functions



The number of buttons on your calculator may look daunting, but once you get a hang of their functions, this device will also be your good friend during an exam.

While this tip may seem like a no-brainer, many tend to overlook the importance of it. Remember, every second counts during an exam. Since you're allowed to bring it in with you to the exam hall, don't let this opportunity go to waste by floundering with your calculator, not knowing which buttons to press. Equipped with functions like calculating matrices and vectors, the calculator will save you tons of time and brain power when the clock is ticking.

5. Revise Past-Year Papers

Doing previous years' papers will give you a good gauge on the difficulty level to expect for your exam.

But that's not the only perk you get – much like how you have cheat codes in gaming, these papers sometimes contain questions that could be repeated in the one you're about to do. For Math, there are only that many ways a question can be set based on the topic, so the style in which the question is set is bound to repeat. While there could be changes in the numerical values used, the steps taken to solve it may be like that of past-year papers.

6. Don't Burn the Midnight Oil

Studying hard is good but prioritising rest is just as essential. Research has shown that students who don't get enough sleep before an exam tend to have increased stress and drowsiness levels, as well as impaired cognitive levels. The latter includes a tougher time paying attention and retrieving information from memory.

So, will sleep help you score better in your exams? Well, students who've had a good night's sleep enjoy better recall and better mental health. Think of it as a brain battery recharge. Your handphone, for example, works best when it's 100% charged. Conversely, the minute it lowers to the 15% mark, it

may go into a “battery-saving mode”, which means having a dimmer screen and sometimes a slower processing speed.

Certainly, studying is important, but sleep must not be neglected either or your hard work may end up going to waste!

Slow Progress is Better than No Progress



At the end of the day, different people have different strengths. Math may or may not be one of your strengths. You might even be annoyed at yourself for not understanding concepts more quickly. But don't let thoughts of self-doubt drag you from improving.

Remember: slow progress is better than no progress. Small wins can eventually lead to big victories. So, don't beat yourself up if you didn't score better than your friend. All that matters is that you did better than what you've done previously.

If you're in need of some Math guidance, simply check out [alphaomegamath](http://alphaomegamath.com) or get in touch with us for more information on our services.