10 GMAT Preparation Tips

Boost Your Score in 2026

Most test-takers struggle with the GMAT not because it is too hard, but because they study without a strategy. The GMAT Focus Edition is a 2-hour 15-minute exam with 64 questions across Quantitative Reasoning, Verbal Reasoning, and Data Insights. Use these 10 practical tips to prepare smarter and improve your score.

1. Start with a Diagnostic Test

Take a full-length official practice exam before you begin studying. It shows your current score, strengths, and weak areas. Use the free GMAT Official Practice Exam 1 on mba.com.

2. Build a Structured Study Plan

Do not study randomly. Follow a 6-8 week plan: start with a diagnostic test, then cover Quant, Verbal, and Data Insights one by one. Finish with full-length mock tests and revision.

3. Study Consistently, Not by Cramming

Study for 30-60 minutes every day instead of long weekend sessions. Regular practice improves retention and reduces burnout.

4. Master Every Question Type

Understand Problem Solving, Critical Reasoning, Reading Comprehension, Data Sufficiency, Table Analysis, Graphical Interpretation, Two-Part Analysis, and Multi-Source Reasoning.

5. Review Every Wrong Answer

Maintain an error log. For every incorrect question, write down the correct approach and the reason you made the mistake. Review this log every week.

6. Practise with Official Questions Only

Official GMAT questions match the real exam format, difficulty, and scoring logic. Use the free GMAT Official Starter Kit, which includes 70 real questions and two full-length practice exams.

7. Simulate Real Test-Day Conditions

Take at least 3-4 full-length mock tests in a quiet room with strict timing. This builds stamina and reduces exam-day anxiety.

8. Focus on Your Weak Areas

After every mock test, identify your lowest-scoring section and spend the next week improving it. Small improvements in weak areas create big score gains.

9. Develop Time Management Skills

Do not get stuck on one question. If a question takes more than 2 minutes, make an educated guess and move ahead. Practise every question set with a timer.

10. Stay Calm and Confident on Test Day

Sleep well, eat light, reach the test centre early, and trust your preparation. A calm mind makes

better decisions under pressure.

Quick-Reference GMAT Preparation Checklist

Tip	Action Item	Frequency
Diagnostic Test	Take official Practice Exam 1	Once
Study Plan	Follow a 6-8 week planner	Daily
Consistency	Study 30-60 minutes daily	Daily
Question Types	Master all 8 question types	Weekly
Review Mistakes	Maintain an error log	After every set
Official Questions	Use Starter Kit + Practice Exams	Weekly
Simulate Test Day	Take full-length mock tests	Every 2 weeks
Weak Areas	Improve lowest-scoring section	Weekly
Time Management	Practise with a timer	Every session
Test-Day Mindset	Sleep well and arrive early	Test day

FAQs

How many hours should I study for GMAT?

Most test-takers need 100-150 hours of total preparation, spread across 6-12 weeks.

Can I prepare for GMAT in 6 weeks?

Yes. Follow a structured plan and study 1-2 hours daily. Use the official 6-week study planner.

How long is my GMAT score valid?

Your GMAT score remains valid for 5 years from the test date.

What is the best way to improve my GMAT score?

Focus on weak areas, review every wrong answer, and practise with official questions only.

Source: Official GMAT/GMAC preparation resources - mba.com and gmac.com

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