1. Practice figures and formulas related to parabola in your notebook.

2. Try to visualize situations of parabola for better retaintion of concepts.

3. Solve lots of questions from exemplar, past years and related problems section.

4. I strongly advise to write down parabola terms with a nice image. Look in concepts and formulas section for such image.

5. Best tip: PRACTICE! PRACTICE! PRACTICE!

6. Write down formulas for whole conic section, so that you have every thing in one place. I have given such table in concepts and formulas section.