

## General Tips For Exam Day

- Don't show up for the exam too early when others are cramming and talking anxiously about what they did/did not study.
- Don't show up for the exam too late or you'll start out under pressure.
- Don't review right before the exam—you are as prepared as you can be at this point. Further review will increase anxiety and confuse you.
- Fuel your mind by eating something healthy before the exam and avoid caffeine or sugar.
- Sleep well the nights before the exam so you are rested enough to retrieve information from your memory.
- Regular aerobic physical exercise is an important ongoing stress reliever.
- Answer questions you know first to build confidence.