

HEALTHY HABITS FOR TEST-TAKING

1. Review After Every Class

After each lecture, reread your notes and create quick questions. Reviewing often boosts memory and understanding.

2. Stay Positive

Approach every test with confidence. Believe you can do well – mindset matters as much as preparation.

3. Make a Study Plan

List key topics and question types (essay, multiple choice, etc.). Spend extra time on the hardest sections.

4. Sleep & Self Care

Get a good night's sleep before your test. Rest helps your brain remember what you've studied.

5. Pack Smart

Bring water, pencils, erasers, and a calculator (if allowed). Dress comfortably in layers.

6. Eat a Good Breakfast

Fuel up with protein and low-sugar foods to stay focused. Don't skip breakfast!

7. Manage Your Time

Skim the test first. Answer easy questions before tackling tougher ones – build your confidence.

8. Stay Calm When Stuck

Take deep breaths, reread the question, and move on if needed. You can come back later with a clearer mind.

9. Be Smart With Multiple Choice

Eliminate answers that seem extreme ("always," "never," etc.) and pick the best remaining option.

10. Keep It Neat

Write clearly so graders can easily read your answers. Double-check for mistakes before turning in.

11. Review Before Submitting

If time allows, recheck your work. Fix careless errors and spend the last minutes on tough questions.