HOW TO DEVIDE YOUR TIME BEFORE AN EXAM

1 WEEK BEFORE

- Look over study
 materials
- Find someone to study with

THE MORNING

- Have a good, filling, healthy breakfast
- Make sure to be on time

A FEW MINUTES BEFORE

 Take a deep breath and stay calm

2 WEEKS BEFORE

- Make a plan
- Space out in smaller parts
- As often and as little as possible

THE NIGHT BEFORE

- Don't cram all the information at once
- Do a review
- Relax + get enough sleep

AN HOUR BEFORE

 Relax and hang out with friends

AFTER

Don't
 overthink it
 and move on