HOW TO DEVIDE YOUR TIME BEFORE AN EXAM

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

1 WEEK BEFORE
- Look over study materials
- Find someone to study with

THE NIGHT BEFORE
- Don’t cram all the information at once
- Do a review
- Relax + get enough sleep

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

AN HOUR BEFORE
- Relax and hang out with friends

A FEW MINUTES BEFORE
- Take a deep breath and stay calm

AFTER
- Don’t overthink it and move on

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