

HOW TO DIVIDE YOUR TIME BEFORE AN EXAM

1 WEEK BEFORE	2 WEEKS BEFORE
<ul style="list-style-type: none">* Look over study materials* Find someone to study with.	<ul style="list-style-type: none">* Make a plan.* Space out in smaller parts. *As often and as little as possible.
THE MORNING	THE NIGHT BEFORE
<ul style="list-style-type: none">* Have a good, filling, healthy breakfast* Make sure to be on time.	<ul style="list-style-type: none">* Don't cram all the information at once* Do a review * Relax and get enough sleep.
A FEW MINUTES BEFORE	AN HOUR BEFORE
<ul style="list-style-type: none">* Take a deep calming breath.	<ul style="list-style-type: none">* Relax and hang out with friends.
	AFTER
	<ul style="list-style-type: none">*Don't overthink it and move on.