

EXAM PREPARATION TIMELINE



TWO WEEKS BEFORE EXAMS

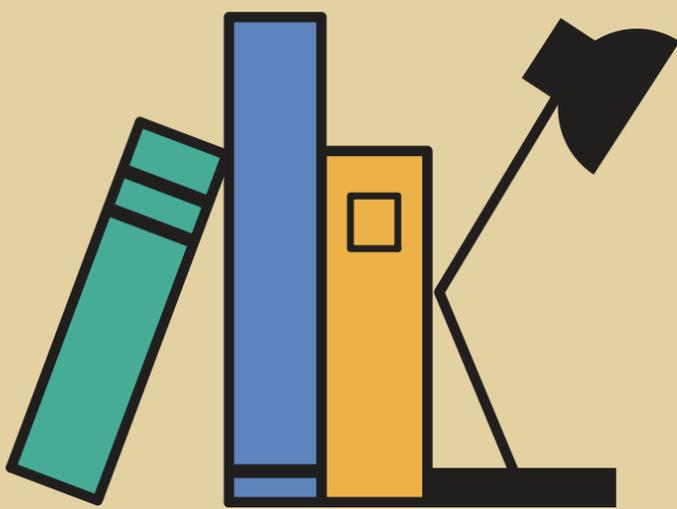
Find out what you need to know.

Make a list of all of the units/chapters covered in each class and the big concepts you need to know. Review past quizzes and tests to identify areas you don't understand. Meet with your teacher or tutor to get help if needed!

ONE WEEK BEFORE EXAMS

Create a study schedule.

Estimate how many hours you'll need to re-read assigned texts, review notes, make flashcards, do practice problems and outline essay questions. Then plan out in your calendar when you'll spend time studying.



DAYS BEFORE THE EXAM

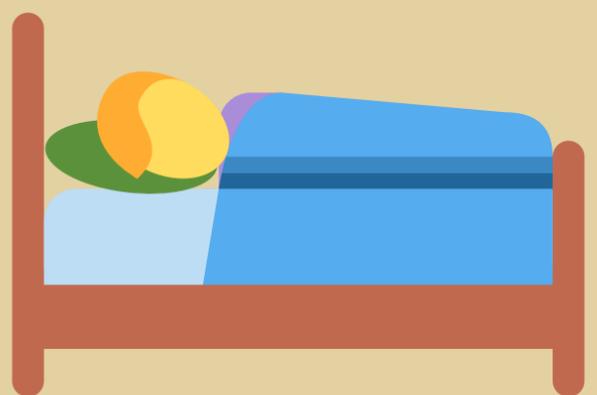
Study, study, study!

Now is the time to really **focus**. Create flashcards for key terms, dates and names you'll need to know. Go over past tests and quizzes. Make a practice exam and exchange it with a friend. Turn your phone off and stay off of social media so you can concentrate.

DAY BEFORE THE EXAM

Final studying and self-care.

Review all of your flash cards again and study any remaining material you need to. But don't stay up all night! Get a good night's sleep to prepare for the day ahead.



DAY OF THE EXAM

Relax and take the exam.

Eat a good breakfast and drink plenty of water. Do deep breathing and meditation to stay as calm as possible. Think positive thoughts. During the exam, pace yourself and don't rush. You've got this!