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**Test Preparation Tips**

* Preparation for your first test should begin on the first day of class; this includes paying
* Attention during class, taking good notes, studying, completing homework assignments and reviewing study materials on a regular basis.
* Budget your time, make sure you have sufficient time to study so that you are well prepared for the test.
* Go to review sessions, pay attention to hints that the instructor may give about the test. Take notes and ask questions about items you may be confused about.
* Ask the instructor to specify the areas that will be emphasized on the test.
* Make sure you go to the class right before the test; it's another prime time for the instructor to give out more hints or the format of the test.
* Go over any material from practice tests, HW's, sample problems, review material, the textbook, class notes...
* Eat before a test. Having food in your stomach will give you energy and help you focus but avoid heavy foods which can make you groggy.
* Don't try to pull an all nighter. Get at least 3 hours of sleep before the test (normally 8hours of sleep a night is recommended but if you are short on time, get at least 3 hours so that you'll be well rested enough to focus during the test).
* Put the main ideas/information/formulas onto a sheet that can be quickly reviewed many times, this makes it easier to retain the key concepts that will be on the test.
* Try to show up at least 5 minutes before the test will start.
* Set your alarm and have a backup alarm set as well.
* Go to the bathroom before walking into the exam room. You don't want to waste any time worrying about your bodily needs during the test.