

# Tips to Keep Calm

## DIET

Keep your body fueled!

Before you study, enjoy a low-fat, high-protein snack. This will give you energy and help keep you focused.

Stay hydrated! Drink H<sub>2</sub>O!

## Get Some Sleep!

Don't attempt to cram the night before. Get a full night's sleep that night instead. And avoid caffeinated drinks the morning of!



## Exercise

Light daily exercise allows the mind a chance to focus on something other than schoolwork (and you need a break sometimes when studying). It also increases endorphins which make you happier and lessen stress.

*Keep Calm the day of the test. When you wake up, try guided meditation to help calm and relax you. Don't talk to anyone about the exam before you take it. Be optimistic!*

## STUDY SMART!

*~Plan ahead by writing down the dates to tests in advance.*

*~Aim to start studying at least one week in advance.*

*~Make study materials—note cards, study guides, etc.—a couple of weeks in advance.*

*~Find the technique that helps you! Color-coded notes, flash cards, read notes aloud, etc.*

# BREATHE!

## Practice!

Create your own practice test out of questions from your text or notes. If possible take your practice test in the same room as the real test will happen. No phone, no distractions.