

20 Things to Avoid Before Your Next Exam

A quick-reference checklist to save time, stress, and mistakes

Presented by The GIGO Method

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Most exam prep advice tells you what to do. This checklist shows you what NOT to do — so you don't sabotage your own success before or during the exam.

- ■ Staying up late the night before your exam
- ■ Skipping breakfast or a balanced meal
- ■ Relying only on flashcards
- ■ Cramming at the last minute
- ■ Ignoring your body's need for rest
- ■ Forgetting admission documents or ID
- ■ Overloading on caffeine or energy drinks
- ■ Studying in a noisy or distracting environment
- ■ Memorizing without understanding
- ■ Neglecting to review test instructions
- ■ Changing answers out of fear instead of logic
- ■ Ignoring hydration during study and exam day
- ■ Not practicing with sample questions

- ■ Comparing yourself to other test-takers
- ■ Using unverified or low-quality study material
- ■ Wasting time on social media before the exam
- ■ Skipping practice breaks during study sessions
- ■ Walking into the exam without a time strategy
- ■ Letting anxiety spiral before starting
- ■ Doubting your preparation once inside the exam room

Avoid these mistakes and you'll already be ahead of most test-takers.

Want the proven shortcut to passing?

The GIGO Method has helped students cut exam times in half and pass after multiple failures.

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