

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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How to use this sheet (1 minute)

Skim Page 1 the evening before your exam. On Page 2, practice the “pattern samplers.”

The big time-wasters to avoid

- ☐ Cramming the night before. Sleep cements memory; trade 60 min of cramming for 60 min of sleep.
- ☐ Studying without checking yourself. Always end with 10–15 mixed practice Qs.
- ☐ Memorizing without understanding. Write a one-line “why” beside any fact you’re keeping.
- ☐ Changing answers from fear, not logic. Only change if you can name the rule you violated.
- ☐ Skipping the question stem. Read the ask first; highlight the target (e.g., “best first step”).
- ☐ Falling for absolutes. “Always/Never/All/None” are traps unless the domain truly uses absolutes.
- ☐ Ignoring qualifiers. Words like usually, primarily, earliest, most effective change the correct choice.
- ☐ Letting one bad item spiral you. Mark it, move on, return with fresh eyes.
- ☐ Not time-boxing. If you’re stuck at 60–75 seconds, flag it and go.
- ☐ Studying in noise/distraction. Simulate the test: quiet, desk, countdown timer.
- ☐ No test-day routine. Pack ID, snacks, water; do a 3-minute breathing reset before you start.
- ☐ Walking in thirsty or under-fueled. Small snack + water 30–60 min prior keeps focus steady.
- ☐ Trying anything new on test day. No new foods, pills, or tools; stick to routine.
- ☐ Over-caffeinating. Keep your normal dose to avoid jitters and crashes.
- ☐ Passive re-reading. Do one active-recall pass instead (cover and recite).
- ☐ Missing negatives in the ask. Circle EXCEPT/NOT/LEAST before reading options.
- ☐ Ignoring units or scale. Convert first; estimate to sanity-check results.
- ☐ Leaving blanks when there’s no penalty. Always mark a best guess.
- ☐ Overthinking clean matches. If one option directly answers the ask, pick it and move.
- ☐ Cutting arrival close. Plan a 30-minute buffer to remove commute stress.

Pattern-Recognition Samplers

- 1) Odd-one-out rule** When four options are offered and three share the same property (tense, category, mechanism, scope) and one clearly differs, the different one often wins.
- 2) Two opposites → one is usually right.** When two options are direct opposites (increase vs. decrease; isolate vs. escalate), the key is to match the stem's priority (e.g., "first" vs. "safest").
- 3) Absolutes are red flags.** "Always/Never/All/None" are rarely correct unless the field enforces absolutes (e.g., "Never mix bleach and ammonia").
- 4) Redundant twins = both wrong.** If two choices say the same thing with different words, they're often distractors.

Micro-practice (2 items)

1) After you send a report, you find a math mistake. What's the first thing to do?

- A) Tell your lead now and send a corrected copy. (✓)
- B) Explain it in next month's report.
- C) Schedule training for later.
- D) Fix it only in the next version.

Why: B/C/D all delay the fix. A is the odd one out (immediate).

2) Which statement about encryption is most accurate?

- A) Encryption alone makes data 100% safe.
- B) Encryption helps when you also manage keys well. (✓)
- C) Encryption by itself always meets rules.
- D) Encryption is never needed inside a company.

Why: A & C are redundant twins ("encryption alone" claims) → eliminate fast. D is an absolute. B is specific and qualified.

How GIGO is different

While the above tips are genuinely valuable and helpful, they are **not** The GIGO Method. GIGO is the full, science-based system that uses your brain's built-in pattern engine to significantly cut study time and raise scores. No hypnosis. No affirmations. Just a simple routine you can start in minutes. GIGO is **not** a tip, trick, or hack. It is an ability that your brain already uses every day, and it is automatic. All I do is show you how to use it for passing exams. I used GIGO to pass the 3-hour Florida Real Estate Exam in 30 minutes, with a near-perfect score, and even difficult cases have passed with ease.

Wishing you great success on your next exam!

Mike Kennedy – GIGO Inventor

Ready to pass faster with less stress?

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