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 cut study time and raise scores. No hypnosis. No affirmations. Just a simple routine you can start in minutes. GIGO is what I used to pass the 3-hour Florida Real Estate Exam in 30 minutes, with a near-perfect score. It has been used by thousands of others as well. I wish you great success on your next exam!

Mike Kennedy – GIGO Inventor

Ready to pass faster with less stress?
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