



48-Hour-Checklist

- ✓ **48 hours** before the test - This is the last day for study. Review all of your notes. Remember the new skills you have learned. Take your last practice test. Make this last practice test as close to the real examination situation as possible. Go to a new location, bring only the items that you will bring to the exam (sharp pencils, eraser, water bottle, etc.). Use the exact exam timing structure that the testing center will use - yes, even the bathroom breaks! You may even ask a friend to help you.
- ✓ **24 hours** before the test - rest. I am serious. Even if you did not prepare before this point, cramming at the last minute will not help. Creating a stressful environment and jamming your brain with information overflow could actually harm your concentration and decrease your score on exam day. Give your brain time to rest and restore. Go for a jog or do some light exercise. Eat well and give your body the nutrients it requires to perform well the next day. I suggest that you prepare everything you need the night before, even your keys. I know one student who missed the exam because he couldn't find his keys! How embarrassing!
- ✓ **Day of the test**
 - ★ Start right -
 - ✓ Wake up early, eat well.
 - ✓ Do some slow and deep breathing, if you feel nervous.
 - ✓ Dress in layers and bring an extra sweater, in case the room in the testing center is cool.
 - ✓ Arrive at the testing center early and prepared. Be sure to bring the proper identification with you.
 - ✓ Stay calm.
 - ✓ Ask questions if anything is unclear. The people at the testing center are there to help you.
 - ★ During the test -
 - ✓ Do exactly as you practiced. You know how this works - you can do it! Do not stress, or let unexpected things startle you. Perhaps there is a loud clock ticking in the room, or a dog barking outside - block it out.
 - ✓ Follow all instructions - listen to the test administrator and read the instructions in your test booklet before answering any questions. Don't lose points for not following the instructions correctly.
 - ✓ Stay calm - remember to keep breathing slowly and calmly.
 - ✓ Stay aware of the time - There should be a clock in the room. Use your time wisely. Do not rush and do not get stuck on a difficult question.
 - ★ After the test -
 - ✓ Plan to do something relaxing that you really enjoy. Sit in a park, meet a friend, eat a special dinner...do something that makes you happy. Knowing that you have



something relaxing to look forward to AFTER the exam can sometimes help relieve stress earlier in the day.