**TEST-TAKING STRATEGIES**

1. Avoid studying the night before an exam. If you didn’t already know the material by then, it’s probably too late to try to learn it. Clouding your judgement is a real possibility on test day when you are faced with a problem that calls for critical thinking. At the forefront of your thoughts will be the last material you desperately tried to cram the night before. You would be much better off having a peaceful evening the night before. Watch a movie, cook dinner, enjoy a glass of wine and conversation with a friend, and get a good night’s sleep.
2. Wake up early, have a good breakfast if a morning/day exam, have a 30-minute cardio workout such as a brisk walk or swim to get your heart rate up. The endorphins released by your body will help you stay relaxed and in a good mood for your exam. If taking a night exam, try to get in a power nap, muscular stretching and a light meal before the test.
3. Do not be late. But not for the obvious reason of getting stuck in traffic and having less time to work on the exam. Rushing increases your heart rate and panic soon follows. Be careful to limit your beverage intake during the exam. Too many bathroom breaks, assuming they are allowed, can easily cost you exam time and ruin your train of thought.
4. Avoid lengthy conversations with your classmates while standing in the hallway or in class awaiting the start of the exam. A simple exchange of pleasantries is sufficient. Students have a tendency to create doubt in your mind about the course material that you were previously sure of. Trust your instinct.
5. At the start of the exam, resist the urge to start writing as soon as you receive the test paper. Take a few minutes to scan through the entire test, singling out the problems you are most confident in your ability to solve. Work on those problems first. Whatever time is left, devote to tackling the problems you were less sure about. This way, you maximize your potential for points by solving the problems you could, without wasting time attempting to solve problems you were unsure of and likely end up with an incomplete or incorrect solution.
6. Never leave an exam room early. Over confidence can cost you. Even if you complete all questions with time left to spare, go over each problem, or as many as you have time for. More than likely, you will find silly mathematical errors or an incoherent methodology in solving a problem.