

## Day Before the Exam

### *Pack the Essentials*

- ☐ Valid photo ID
- ☐ Admission ticket
- ☐ Calculator
- ☐ Pencil(s)
- ☐ Water bottle
- ☐ Light snacks
- ☐ Lip balm

### *Plan Ahead*

- ☐ Double-check your testing time and location
- ☐ Determine when you need to leave (plan to arrive early!)
- ☐ Set an alarm for the morning
- ☐ Go to bed early enough to get 7-8 hours of sleep
- ☐ Go over your schedule/routine for tomorrow

### *Review, Don't Cram*

- ☐ Flip through your flashcards one last time
- ☐ Read over your notes
- ☐ Review the more challenging topics

## Day of the Exam

### *Seize the Day!*

- ☐ Eat a balanced breakfast
- ☐ Stretch a little to get the blood flowing
- ☐ Take some deep breaths to calm your nerves

### *Dress for Success*

- ☐ Comfortable, layered clothing
- ☐ Jacket/sweater (just in case!)
- ☐ Comfortable, closed-toed shoes
- ☐ No jewelry/accessories
- ☐ No strong fragrances

Exam Time: \_\_\_\_\_

Departure Time: \_\_\_\_\_

