THE NIGHT BEFORE & THE MORNING OF

Your exam-eve and exam-day routine. Do these and walk in calm, packed, and ready.

THE NIGHT BEFORE

- [ ] **PACK YOUR BAG**
  Pens, ruler, calculator, water, and your exam timetable. By the door, tonight. Morning-you will thank you.
- [ ] **LIGHT REVIEW ONLY**
  20 to 30 minutes with your summaries or flashcards, then stop. Nothing new goes in tonight.
- [ ] **SET 2 ALARMS**
  One across the room so you have to get up, one backup. Then put the phone away.
- [ ] **WIND DOWN**
  Screens off an hour before bed. Shower, stretch, read something slow. Give your brain the exit signal.
- [ ] **SLEEP 8-10 HOURS**
  Sleep is when your brain files what you studied. Matthew Walker's lab found tired brains learn about 40% less.

THE MORNING OF

- [ ] **EAT BREAKFAST**
  Your brain runs on fuel. Something with protein beats sugar. Skip it and you'll fade halfway through.
- [ ] **ARRIVE EARLY**
  Aim for 30 minutes before start time. Rushing spikes your stress before you read a word.
- [ ] **SKIP THE PANIC HUDDLE**
  The group quizzing each other at the gate will only rattle you. Find a quiet spot instead.
- [ ] **GET SOME AIR**
  A brisk 10-minute walk before you leave burns off nerves and switches your brain on.
- [ ] **DO THE WORRY DUMP**
  10 minutes, pen on paper, before you walk in. The box below shows you how.

THE 10-MINUTE WORRY DUMP

Sit somewhere quiet. For 10 minutes, write down exactly what you're worried about. Psychologists Gerardo Ramirez and Sian Beilock published this in Science: anxious students who did it scored significantly higher. Naming the worry gets it out of your working memory, so the exam gets all of it.

Right now I'm worried about...

> **Start where you are. Use what you have. Do what you can.**
>
> ARTHUR ASHE

THE HOPEFULL INSTITUTE