What You Should Do During a Test Week

- Practice testing yourself with the material, if the teacher posted a study guide or practice test formulate note cards with what your teacher emphasizes will be on the test.

- If you like to study while listening to music be sure to try to listen to instrumental music or something with a slow tempo that will be calm and relaxing instead of distracting.

- DO NOT PULL AN ALL NIGHTER! Your body will take a couple of days to recuperate leaving you with less time for efficient studying and grogginess during a test day.

- Balance your study plan. If you have a test on a Friday, plan to study for 2 hours each day leading up to it. Cramming isn't a good plan because you will be so stressed out that it will be difficult to retain the information.

- If your studying routine is getting boring try to mix it up by studying in different areas. Some good places include: the library, a study room, outside, or at a quiet coffeehouse.

- As shocking as it might be what you eat throughout the week is also important. A balance diet has been proven to improve test performance.
  Fruits, Vegetables, Nuts, and High-Fiber Carbs, Lean Meats> Red Meat, Dairy, Sweets, and Bad Carbs

- Getting some exercise whether it be running, jogging, walking, or playing a sport will reduce stress and increase your energy levels. There are also some studies that correlate exercise with improving your memory.

- Take study breaks every hour so you can retain the information you just studied. Distributing learning over a long period of time is much better than cramming a lot of material in a span of 2 or 3 hours.