HOW TO AVOID CRAMMING

KEEP UP WITH WORK ASSIGNMENTS.
Prepare for each class; do the assigned reading.

REVIEW REGULARLY.
Go over (don’t re-read) your notes and texts at least weekly—
or more often if possible.

PRACTICE WHAT YOU’RE LEARNING.
Test yourself out loud. Do practice problems.
Work in a
Study Group.

DO A FINAL REVIEW BEFORE THE EXAM.

AND...

BE CONFIDENT
GET A GOOD NIGHT’S SLEEP
EAT A GOOD BREAKFAST