

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

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