

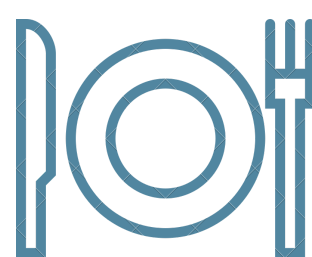
LEADING UP TO THE BIG DAY



1

BRAINY MEALS

Nothing too heavy, too light or unfamiliar! Have fish and carbs! If not fish, have fish oil from a week before -- it's an excellent brain supplement! Cod, fish and chips, salmon, sushi, oysters, scallops.... all brain food.



2

CLOTHES AND A WATCH

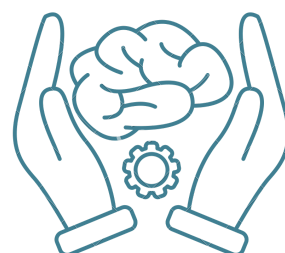
Dress in layers (no hats or sunglasses)! You don't want to be distracted by the cold of sitting near a draft or the hot sun streaming through a window. Along with clothes, get an analog watch or a digital watch which makes no noise. NO smart watches!!



3

PRACTICE

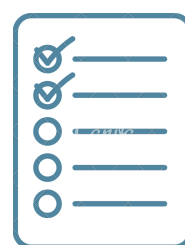
The day before the test, ONLY do practice problems if it's fun. Don't use the day before to cram an extra practice test or stress yourself out over Science or super hard math questions. This is the day to keep your brain alert but not panic or put undue pressure/exhaustion on your system.



4

PREPARE AHEAD

Review where your test center is located, familiarize yourself with how to get there, re-check your start time (some are 8 a.m. and some are 9 a.m.) and plan to arrive a half hour early!



5

GO TO BED

BE IN BED by 9:30pm so you are asleep by 10pm since at least Thursday before the test. The sleep you get two nights prior to a big day affects you more than the sleep the night before. You don't want to be sleepy as soon as you see a big reading passage.



Trust yourself! You know more than you think you do .
Don't stress just believe you can and you are already halfway there.