

## Day 5 of 5: Finish Strong



### Eat Well

- Don't over-caffeinate
- Choose healthy snacks like whole fruits, nuts or pretzels over sugary/salty vending machine food; healthy fats improve your retention and provide more energy over long study sessions
- Hydrate, hydrate, hydrate! Sodas or sugary drinks create temporary sugar highs but end in headaches that will affect your studying

### Take Breaks:

- Don't cram before the exam
- Get a good night sleep before your test
- Stop studying an hour before the test
- Enough sleep and a free mind will allow you to focus
- Think positive thoughts!
  - Imagine success rather than dread failure
  - Praise your own efforts, and remind yourself that you are doing your very best, then, do your very best