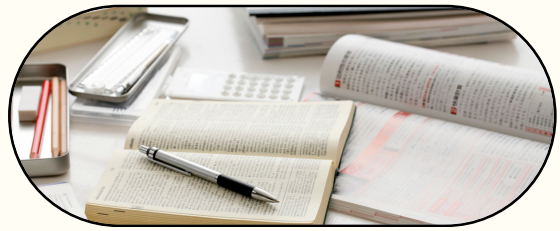


EXAM CHECKLIST



Prepare with ease the night before your exam with our checklist, for a worry-free test morning!

MATERIALS PREPARATION

- ☐ Gather all necessary writing utensils: pens, pencils, erasers, and a sharpener
- ☐ Pack allowed accessories: calculator, ruler, protractor, or compass.
- ☐ Prepare your exam identification: ID card, exam admission ticket, and any other required documents.
- ☐ Organize a clear bag or backpack to carry your items.
- ☐ Set aside a water bottle and non-disruptive snacks (if allowed)

STUDY REVIEW

- ☐ Go over key concepts, formulas, and important terms
- ☐ Review summary notes or flashcards for a quick refresh
- ☐ Work on a few practice problems or take a brief practice quiz to test your knowledge
- ☐ Review any marked or difficult questions from past papers
- ☐ Organize your notes and study materials for a final review in the morning if desired

WELL-BEING

- ☐ Ensure a balanced meal to nourish your body
- ☐ Aim for 7-9 hours of sleep to ensure you're well-rested
- ☐ Set a bedtime alarm to remind you when it's time to wind down
- ☐ Prepare a calming bedtime routine to ensure a good night's rest
- ☐ Engage in relaxation techniques like deep breathing or meditation to ease anxiety

LOGISTICS

- ☐ Double-check the exam time, location, and seating arrangement if available
- ☐ Make a list of things to do in the morning like eating breakfast and reviewing notes
- ☐ Set multiple alarms to ensure you wake up on time
- ☐ Lay out comfortable clothing and ensure they comply with any exam dress codes
- ☐ Plan your route to the exam venue, considering traffic and other potential delays

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