

# 7 STRATEGIES TO PREP FOR A TEST

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## CULTIVATE GOOD HABITS

Good study habits start well before test day. Do homework carefully and on time, review notes daily, make your own study guides, and use or create practice tests.

## DO NOT CRAM!

Cramming the night before a test hurts more than it helps. It increases stress, disrupts sleep, and reduces retention. Instead, build good study habits early and get plenty of rest before test day.

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## GET A GOOD NIGHT'S SLEEP

Prioritize sleep before a test. Being well-rested improves focus, reduces stress, strengthens memory, boosts performance, and supports overall mental health.

## GATHER MATERIALS NIGHT BEFORE

Prepare for the test the night before by gathering everything you need. This reduces stress, boosts confidence, and gives you more time to rest and eat in the morning.

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## EAT A HEALTHY BREAKFAST

Fuel your body before a test. Eat a healthy breakfast with protein and complex carbs to stay energized, avoid sugary foods that cause crashes, and drink plenty of water.

## ARRIVE EARLY

Arrive early to reduce stress and get in a positive mindset. Use the time to choose your seat, organize materials, and settle in so you feel relaxed and focused when the test begins.

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## DEVELOP POSITIVE RITUALS

Confidence and a positive mindset matter. Create simple rituals like walking, listening to music, breathing exercises, or visualization to reduce anxiety and boost focus before the test.



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