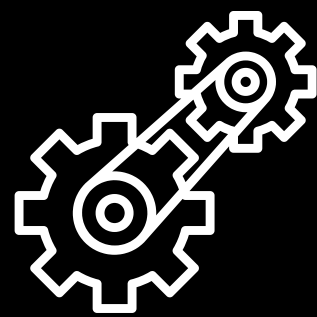


Here Are 4 Best Strategies for Test Prep:

Cultivate Good Study Habits

Understanding and remembering information for a test takes time, so developing good study habits long before test day is really important.



Gather Materials the Night Before

Before going to bed (early, so you get a good night's sleep), gather everything you need for the test and have it ready to go.

Develop Positive Rituals

Don't underestimate the importance of confidence and a positive mindset in test preparation.



Eat a Healthy Breakfast

Like sleeping, eating is an important part of self-care and test taking preparation. After all, it's hard to think clearly if your stomach is grumbling.

