

HOW TO TACKLE

Studying

Eat a proper diet and exercise regularly

Get plenty of rest before an exam

DON'T CRAM! Review and study regularly

Make a study schedule and **PRIORITIZE.**

Select appropriate study environments with minimal distractions

Participate in study groups

Make flash cards that have questions on one side and answers on the other

Develop mnemonic devices to memorize lists (ex. ROY G BIV)

Self-test periodically

Taking the actual exam