

- Start early by preparing a general schedule of each exam and how much time you need to study.
- Allow large blocks of time to get basic concepts and relationships.
- Allow short periods for review. Even a few minutes in the shower will help.
- Schedule breaks – 55-60 minutes of study then 5-10 minute break.
- Stay with your regular sleeping and eating routine.

DEALING WITH
TENSION

THE NIGHT
BEFORE

TAKE CARE
OF YOURSELF
Saw fromorphed

