# Preparing for Tests

## Never cram the night before.

* 1. It is fatiguing, overwhelming, and increases anxiety.

## Repeatedly assess your knowledge.

* 1. Monitor your understanding of new material.
  2. Answer guiding questions.
  3. Go over key terms ad check by re-reading the textbook.

## Review the next day.

* 1. Re-read your notes.
  2. Test yourself.