



YCDSB
INTERNATIONAL
EDUCATION
PROGRAM

Your Gateway to Success!

WISHING YOU SUCCESS IN YOUR ASSESSMENTS

Exam preparation starts far in advance with revision and goes right up to the moment you take it. Good exam prep involves knowing what to do the night before the assessment day.

The night before an assessment can be stressful. Many students wonder how they should be preparing for that.

It's important to make sure you start studying early! Cramming the night before will only leave you stressed and frustrated.

Knowing how to properly prepare for your test can reduce test anxiety and help you get a better grade.

**All the best and
Good Luck!!**



Things To Do The Night Before the Exam

- Review your study notes
- Revise topics one by one
- Don't study too late
- Eat a good meal
- Prepare for the morning
- Give your brain a break
- Get some exercise
- Set your alarm
- Get a good sleep

