

# Suggestions for the Night Before the Test

**THE NIGHT BEFORE THE TEST IS A TIME FOR REST AND RELAXATION  
NOT A TIME FOR STUDYING FOR THE TEST!**

## Students should:

- Have a healthy and balanced meal for dinner.
- Get a good 8-hours of sleep.
- Avoid social situations, when possible.

## Prepare all materials for test:

- (3) #2 pencils with good erasers
- Your calculator with fresh batteries
- Your admission ticket
- Your photo ID
- A snack
- A watch (**NO** sound allowed)

- **Know your testing site and know how to get there!**
- **Know what time you should leave to arrive at the testing center on time**  
(at least 30 minutes prior to start time).

- Remember your test ticket and photo ID.
- Plan to do something you enjoy after the test - you will have earned it!