

How to Improve Your Test Scores?

- ☐ 1) It's better to learn material just before going to bed, because your brain 'locks' the information while sleeping.
- ☐ 2) Sleep-deprived people are those who are able to fall asleep fast & easily.
- ☐ 3) Lack of sleep makes you feel under stress by 50 percent!
- ☐ 4) A piece of dark chocolate can decrease anxiety & focus you on study.
- ☐ 5) Having healthy breakfast regularly can help you to achieve better results in study.
- ☐ 6) If you have doubts in answering the test question, follow your intuition, because your first idea is almost always the right one!
- ☐ 7) According to the British research, chewing the gum on exam can stimulate your memory & you'll make less mistakes.
- ☐ 8) It's a proven fact, that in ancient Greece, students used to chew peppermint chewing gum on exam day.
- ☐ 9) Thirst can lead to stress, memory loss, & a drop in mental functioning.
- ☐ 10) Drinking water on exam can increase your level of stress & boost your memory.
- ☐ 11) You will focus & lowers stress hormones in seconds, if you start breathing deeply.
- ☐ 12) You are more likely to succeed in this test, if you have more answers True than False.