**DON’T JUST REREAD**

There’s a second part to it. Research shows that rereading your text can falsely inflate your sense of learning and understanding. Try reading a passage and then writing out everything that you can recall from memory, or reviewing your lecture notes and then taking a practice test without looking at them. **What we practice recalling today becomes more “recallable” in the future.**

**DON’T HIGHLIGHT**

Highlighting your text can fool your mind into thinking you are putting something in your brain, when all you’re really doing is moving your hand. Try to utilize more active study techniques like flashcards, practice tests, and redoing old tests or quizzes.

**DON’T CRAM**

Would you try to bench-press 300 pounds your first time at the gym? Would you enter a 5k if you had not run since high school gym class? Your brain is like a muscle, and it can only handle so much exercise in one subject at a time. Plan accordingly and start studying well in advance, giving your brain time to organize and store all of the information you’re reviewing.

**DON’T OVERCAFFEINATE**

Skip the espresso-laden coffee spiked with Red Bull on exam day. The safest bet is to maintain your typical caffeine intake and avoid any drastic changes the day of the exam. Also remember to stay hydrated—studies show that losing just 2% of your water stores can lead to reduced memory and mental “haziness”.

**DON’T PULL ALL-NIGHTERS**

Many students treat all-nighters like a badge of honor. Let’s change that this semester. Research shows that increasing sleep from 6 or fewer hours to 8 or more hours can increase memory and alertness by 25%! If you do not get a good night’s sleep before a test, nothing else you will have done to prepare will matter!