

A decorative border of lightbulbs surrounds the page. The border is composed of a grid of lightbulb icons, each with rays emanating from it, set against a black background. The lightbulbs are arranged in a regular pattern along all four edges of the page.

THINGS TO DO ON TEST DAY

1. Get up early.
2. If you are used to eating breakfast, eat something light and nutritious and high in glucose and protein (cereal/milk, fruit, orange juice, toast, eggs), to keep you alert throughout the examination. If you usually skip breakfast, do so on the examination day.
3. Dress comfortably in clothes you have worn before (jeans, shirt, blouse, and sweater).
4. Wear clothes that can be shed or added on.
5. Leave home in plenty of time to arrive at the test site early.
6. Women need to be prepared for early, irregular, and unanticipated onset of menses on exam day, a time of stress.
7. To reduce tension and anxiety, try breathing and muscle relaxation techniques.
8. Using hard candy or gum, if not distracting, may relieve discomfort of dry mouth related to state of anxiety.
9. Bring tissue, cough drops, eyeglasses, watch.
10. Use restroom and get water before entering testing room.
11. If you do not understand the directions, ask questions.
12. Ask for a seat exchange if something distracts you.
13. **RELAX AND STAY ALERT.**