

What can not be done on the night before exams?

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So, tomorrow there will be a passing of one or another item on which the final assessment and receipt of scholarships in the next semester. The moment is serious, and approach it is required with special responsibility.

However, many students do not understand this and only exacerbate the already difficult situation. To avoid rash actions and errors on this day, it is important to know common prohibitions. This information is transmitted from one generation of students to the next, and has already reached modernity.

Here are the main bans on the night before passing the exam:

Do not abuse alcohol drinks, otherwise the morning hangover and one will not let you successfully pass the session;

Do not sit before textbooks and abstracts to deep night, otherwise the valuable time of sleep will be missed, and the student in the morning exam will be "boiled";

Do not swear with relatives and friends, otherwise the night will be sleepless, the mood during the exam, frowning, irritated, aggressive (teachers do not like this);

Do not spend time with your second half, otherwise full of relaxation in the morning can also play a stratum joke with a student;

Do not sharpen the exam, all the same, such knowledge in the head will not be laid out, and the general condition will be emotionally unstable.

These are simple rules that help the student avoid a number of problems while putting the next exam. If you choose a positive attitude, ensure a decent knowledge base, the process of delivery will pass "without a bitch and zadorinka", as they say.

General Recommendations Student at a notes

So, no one will take the exam, even if the student admits that the level of his knowledge on the examination subject leaves much to be desired. Nothing to do nothing, it is necessary to prepare for delivery in emergency mode, it is advisable to write cribs and hope for a miracle.

In fact, the students are experiencing such a state regularly, and eventually pass the exams on the mysterious principle: "I did not know, but I remembered."

A student of the university can advise - relax and not worry, but in such a responsible moment I want to hear more delivel tips:

1. Before bedtime, it is recommended to put textbooks and abstract under the pillow, so that the knowledge is in some ways miraculously moved from pages into student consciousness.
2. As another superstition, it is not recommended to wash your head before bedtime, otherwise you can wash all the knowledge. Students laugh, but they still go with unwashed hair.
3. It is necessary to reliably hide the cribs, and, if you do not know how to use them, it is better not to get at the time of delivery. You can only aggravate your position.
4. Dressed on the exam is better modestly and restrained (girls are not desirable at all), otherwise the teacher may have additional questions.
5. Do not rush with the answers, it is important to think about every word and not hoping for a good mood of the test teacher.

It's simple, and a positive result of 99% depends on the student and only by 1% from the case. Therefore, for the upcoming exam, the exam is required to be tightly prepared, and at night the on the eve and not late to "tighten the tailings" and strengthen the "weak points" of pre-examination training.

Conclusion: the night before the exam is full of secrets and mysteries. It is difficult to predict than in this responsible moment, it is difficult to have it, who has enough fantasy. But as