

## The 24-Hour Countdown: A Timeline Strategy for Exam Day

Category: Exam Preparation    Read Time: 3 min read

- **Trust Your Prep:** The night before is for maintenance, not construction. Review lightly; don't cram heavily.
- **Audit Your Gear:** Avoid morning panic by packing your bag and checking your stationery the evening before.
- **Fuel Smart:** Eat a slow-release breakfast (oats/eggs) to avoid a mid-exam energy crash.
- **Protect Your Headspace:** Avoid anxious friends before the exam and avoid answer discussions after the exam.

Source: <https://www.studymaxx.com/blog/the-24-hour-countdown-a-timeline-strategy-for-exam-day>