

What to Bring

- Two forms of valid ID (check Pearson VUE requirements – usually one government-issued photo ID + secondary)
- Confirmation email / exam appointment details (printed or on phone before check-in)
- Glasses or contacts if needed
- Light jacket / sweater (test centers can be cold)
- Water bottle (if allowed after check-in; many centers provide water)

What to Leave Behind

- Phone, smartwatch, fitness trackers
- Bags, backpacks, purses (lockers usually provided)
- Notes, books, scrap paper (center provides dry-erase board / booklet)
- Food, gum, candy (unless medical need pre-approved)
- Hats, hoodies with hoods up, bulky outerwear in the testing room

PBQ Time Management

- **Do not** spend 20+ minutes on the first PBQ.
- Recommended approach: quickly scan all PBQs, then answer multiple-choice questions first while fresh.
- Return to PBQs with remaining time. Flag anything uncertain.
- Most candidates have enough time if they keep MCQs moving at a steady pace (~1 min average).
- If stuck on a PBQ step, move on and come back – partial credit is possible on some items.

Pre-Exam Mental Reset

- 1 **Arrive early** – 30 minutes before appointment reduces stress.
- 2 **Box breathing** – Inhale 4 sec, hold 4, exhale 4, hold 4. Repeat 3–4 cycles while waiting.
- 3 **Positive cue** – Remind yourself: “I prepared. I know the methodology. One question at a time.”
- 4 **During the exam** – If anxiety rises, pause, eyes off screen, three slow breaths, then continue.
- 5 **After submitting** – Do not replay every question. Celebrate the effort regardless of the result.

Quick Day-Of Reminders

Sleep

Aim for 7+ hours the night before. Fatigue costs more points than a missed review session.

Food

Eat a normal, balanced meal 1–2 hours prior. Avoid heavy or unfamiliar foods.

Mindset

The exam measures applied knowledge, not perfection. Use the process of elimination and the 6-step method.

Final note: Read every question carefully. Watch for “NOT”, “BEST”, “FIRST”, and “MOST LIKELY”. These words change the correct answer more often than any technical detail.