**American History I Midterm Review (Periods 1-3)**

**2019-2020--Hawkins**

Midterm Exam format:

30 Multiple choice, 1 point (10 questions per period)

2 short answer, 5 points (from choice of three; one from each period)

What to study

-Period/unit review guides

 See period 1, 2, and 3 review guides (up to Election/Revolution of 1800)

-Notes/assignments

Tips (partially borrowed from test-taking guide on Canvas)

--Begin as early as possible! Study over several days; do not cram the night before.

--Do not spend more than 45 minutes at a time studying (take breaks); study one period at a time

--After reviewing the period as a whole, focus on topics/units you are least familiar with

--Study with classmates. Teaching others is learning twice. ☺

*--For optimal brain power/function:*

 Physical exercise (also serves as a stress reliever)

 Get a good night sleep the night before (at least hours)

 Eat a balanced breakfast/drink plenty of water the morning of

--See yourself as an expert in what you are being tested on. Come to the test with confidence in your knowledge and ability to think critically!