

# SQE 1 - Night before Success Checklist

As we approach SQE 1 next week, here is a concise, one-page SQE 1 - Night before Success Checklist you can print or keep on your phone/tablet.

## Mindset & Review

- ☐ Remind yourself to pick the single **best** answer based on facts in the questions, not assumptions
- ☐ Skim your summary notes, flashcards, or mnemonics
- ☐ Professional Conduct and Ethics appear in both FLK 1 and FLK 2
- ☐ It's ok to practice a small set of questions. Focus on reasoning

## Logistics

- ☐ Double check your exam location, arrival time
- ☐ Remember:
  - ☐ To bring your photo ID
  - ☐ Confirmation email
  - ☐ Water & snacks for the breaks
  - ☐ Tissues/ Medication
- ☐ Check the weather forecast. Set out your clothes for test day (no clothing decisions to be made in the morning). Remember to dress in layers. The testing site might fluctuate in temperature and layers can help you adjust quickly

## Rest & Routine

- ☐ Plan out your route to testing center (know a backup in case)
- ☐ Determine your breakfast & lunch plans
- ☐ Decide how you'll spend your break (walk, stretch, light snacks)
- ☐ Charge your phone
- ☐ Set an alarm (and a back up alarm)
- ☐ Avoid studying past 9 pm
- ☐ Aim for at least 8 hours of sleep
- ☐ Try short relaxation and breathing exercises before bed
- ☐ Eat balanced meals
- ☐ Light exercise or walks can help manage any anxiety

## Previous posts to read

- [5 Tips before taking the SQE](#)
- [What to expect SQE 1 exam day](#)
- [No question left behind](#)
- [How to tackle SQE 1 questions](#)

## Add your own

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