

Strategies for Different Study Plans

8 Day Study Plan

8 days before exam day	Organize Information:
To-Do:	<ul style="list-style-type: none"> • Graded tests & quizzes • Notes & handouts • Flash cards & summaries
7 days before exam day	Study Plan of Action:
Goals:	<ul style="list-style-type: none"> • Have broad sense of tested material • Anticipate material on exam • Make Study Guide
6 days before exam day	Read over all information:
Goals:	<ul style="list-style-type: none"> • Understand big picture • Work practice problems • Predict and write test questions & practice answering them
5 days before exam day & 4 days before exam day	Focus on specifics:
Goals:	<ul style="list-style-type: none"> • Put: concepts, themes, and key ideas in own words • Use: flow charts, diagrams and pictures in own words • Meet with professor or tutor to clarify difficult material
3 days before exam day & 2 days before exam day	Review everything:
Goals:	<ul style="list-style-type: none"> • Be able to recall everything already working with • Self-quiz • Work practice exam
1 day before exam day	Final Review:
	<ul style="list-style-type: none"> • Self-quiz again (not just mental check-off) • Put necessary test materials in backpack • Set out clothes for tomorrow • <i>Get a full night of sleep!</i>

5 Day Study Plan

5 days before exam day	Organize Information:
	<ul style="list-style-type: none"> • Graded tests & quizzes • Notes & handouts • Flash cards & summaries
	Read over all information:
	<ul style="list-style-type: none"> • Have broad sense of tested material • Understand big picture
	Other important to-dos:
To-Do & Goals:	<ul style="list-style-type: none"> • Anticipate material on exam • List main topics, concepts, and/or chapters to be studied each day • Start working practice problems
4 days before exam day	Connecting with Material:
Goals:	<ul style="list-style-type: none"> • Put: concepts, themes, and key ideas in own words • Meet with professor or tutor to clarify difficult material • Predict and write test questions & practice answering them
3 days before exam day	Focus on specifics:
Goals:	<ul style="list-style-type: none"> • Use: flow charts, diagrams and pictures in own words to help remember material
2 days before exam day	Review everything:
Goals:	<ul style="list-style-type: none"> • Be able to recall everything already working with • Work a practice exam
1 day before exam day	Final Review:
	<ul style="list-style-type: none"> • Self-quiz again (not just mental check-off) • Put necessary test materials in backpack • Set out clothes for tomorrow • <i>Get a full night of sleep!</i>

Guiding Principles for Test Preparation:

Start early
 Have a plan (and stick to it!)
 Learn deeply (not rote memorization only)
 Repeat, Repeat, Repeat!
 Practice recalling information (ask/answer many questions)

Test Day Tips:

Eat breakfast & drink water
 Don't overdo caffeine
 Use relaxation & breathing to control test anxiety
 Arrive to test room early with all exam materials
 Scan entire exam
 Read & follow all exam directions
 Keep track of time
 Answer easiest/shortest questions first
 Tell yourself: "I can do this!"
 Ignore others that finish before you
 Reward yourself!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2 Weeks Before Finals					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Week Before Finals					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Finals Day 1	Finals Day 2	Finals Day 3	Finals Day 4	<u>You did it!</u>	