

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:
To-Do & Goals:	<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:
	<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:	Test Day Tips:
<ul style="list-style-type: none"> ● 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) 	<ul style="list-style-type: none"> ● 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, Nov 27	Monday, Nov 28	Tuesday, Nov 29	Wednesday, Nov 30	Thursday, Dec 1	Friday, Dec 2	Saturday, Dec 3
Sunday, Dec 4	Monday, Dec 5	Tuesday, Dec 6	Wednesday, Dec 7	Thursday, Dec 8	Friday, Dec 9	Saturday, Dec 10
Sunday, Dec 11	Monday, Dec 12	Tuesday, Dec 13	Wednesday, Dec 14	Thursday, Dec 15	Friday, Dec 16	Saturday, Dec 17
					You did it! It's Christmas Break!	

