Creating a 7 Day Study Plan

Use the space below to divide up your work into sections to study. Use your weekly schedule and your calendar to help you schedule specific times where you will be able to study each of the topics covered on the test or exam, and make sure that you write those topics in the space below.

|  |
| --- |
| Example Study Techniques (mix and match!)  **A.** Create an outline  **B.** Re-read lecture slides, elaborate, and add notes (which lectures?)  **C.** Review class notes, write key points  **D.** Compare/go over notes with a friend/study group, find out what you missed  **E.** Re-Read Chapter with SQ3R or FQR (which chapter?)  **F.** Read Chapter Summary and Key Terms  **G.** Do practice test(s) in a test-like setting  **H.** Fill out/answer study guide, from memory first, and then with notes/book  **I.** Compare the lecture notes with notes taken from the test (and/or other outside resources) to see what points are emphasized in both sets of materials, and also the information that is not stated in one, but is in the other  **J.** Visit office hours with questions  **K.** Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

\_\_\_ **Day 1: Evaluate and Organize**

1. What grade do you need to get on this test? What grade do you want to get?
2. What does the test cover?
3. How caught up in the course are you (1 being not at all, 10 being completely)?
4. What study materials do you have?
5. What are you missing?

\_\_\_ **Day 2: Topics to Cover**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Recommended study techniques: G, A, B, C, D, E, F, K

\_\_\_ **Day 3: Topics to Cover**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Recommended techniques: B, C, D, E, G, H, I, K

\_\_\_ **Day 4: Topics to Cover:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Recommended: D, I, J, K

\_\_\_ **Day 5: Topics to Cover:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Recommended: G, I, J

\_\_\_ **Day 6: Topics to Cover:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Recommended: G, I, J

\_\_\_ **Day 7: General Review and Weak Areas**

1. Use the day before the test to review.
2. At this point, no new information should be learned. Focus on difficult or weak areas, or those areas you are not completely comfortable with.
3. Get good rest

**Test Day**

1. Go through your normal daily routine.
2. Eat a light meal.
3. Don’t overuse or underuse caffeine (go with your normal caffeine routine as if you did not have a test that day).
4. Minimal review of material (we tend to remember the last things we read, so too much review could make your forget some of the material and only be focused on a specific topic/idea).