

7 Days Before Your Exam: Study Plan

Preparing for tests is most effective when done over the course of your term through multiple Focused Study Sessions per week, with varied learning activities. Then, as you near the test, it can be helpful to make a more intentional, specific test-prep 7-day countdown plan.

DAYS UNTIL THE TEST:	WHAT TO DO:	HOW TO WORK ON IT:
7	<p>Goal: Evaluate and analyze; plan and organize (see page 3).</p> <ul style="list-style-type: none"> • What do you need to know and what do you already know? • How much time do you have now, and how much time will you spend? 	<ul style="list-style-type: none"> <input type="checkbox"/> Look to midterm/test grades—identify what content was challenging <input type="checkbox"/> Identify what material you have and what you need <input type="checkbox"/> Create a study checklist (topics, formulas, etc.) <input type="checkbox"/> Create a study schedule for the week
6	<p>Goal: Create study materials.</p> <ul style="list-style-type: none"> • Focus first on what you don't know • As you make materials, learn as you go and then continue to study with them 	<ul style="list-style-type: none"> <input type="checkbox"/> Create flashcards and study guides <input type="checkbox"/> Find end-of-chapter questions/problems to answer <input type="checkbox"/> Visit office hours with questions
<p><i>Still creating study materials? Keep at it! You can engage with the goals of days 5 through 3 as you make your study materials, or finish your materials and then combine the goals within the days that you have left.</i></p>		
5	<p>Goal: Make links, find differences.</p> <ul style="list-style-type: none"> • Keep on working on what's challenging • Introduce material you feel okay about • Make connections and use what you know to learn what you don't 	<ul style="list-style-type: none"> <input type="checkbox"/> Write/draw content in your own words—summarize key points <input type="checkbox"/> Write term definitions in your own words <input type="checkbox"/> Draw figures from memory <input type="checkbox"/> Synthesize lecture/reading/lab recitation notes
4	<p>Goal: Teach the material .</p> <ul style="list-style-type: none"> • Use the 80/20 rule—spend 80% of your time on new material, and 20% on old • Practice saying content aloud—where are your gaps? What to focus on next? • Use study partners/groups? 	<ul style="list-style-type: none"> <input type="checkbox"/> Teach flashcard terms/definitions <input type="checkbox"/> Solve problems and explain the steps that you took to get there <input type="checkbox"/> Assign concepts to study group participants and everyone teaches/questions
3	<p>Goal: Test yourself.</p> <ul style="list-style-type: none"> • Wait to look at answers • Vary your testing activities • Avoid familiarity traps—ask questions on ALL you've learned, in no particular order • Teach your brain to find pathways back to the information 	<ul style="list-style-type: none"> <input type="checkbox"/> Take practice tests and re-take challenging problems from prior tests <input type="checkbox"/> Write and exchange test questions with your classmates—what will your instructor want to know that you know? <input type="checkbox"/> Mix old content with new content <input type="checkbox"/> Visit office hours with any questions

2	<p>Goal: Reflect and test more.</p> <ul style="list-style-type: none"> • Use yesterday’s challenge(s) to decide what to revisit and practice more • Remember to rest what you know well • Explain the processes and connections—know the steps to reaching answers 	<input type="checkbox"/> Make concept maps connecting different sections/concepts from the term <input type="checkbox"/> Continue to take and make tests/answer questions from memory; try to replicate your test environment <input type="checkbox"/> Recite aloud, draw from memory, re-present information in new ways
1	<p>Goal: Bring it all together.</p> <ul style="list-style-type: none"> • Continue to make connections/identify similarities and differences between all of the content • Prioritize sleep and meals • Do something relaxing 	<input type="checkbox"/> Continue to replicate the test environment—the length of time you get, the room, etc. <input type="checkbox"/> Keep thinking about what your instructor might ask and be sure you can answer <input type="checkbox"/> Get good rest, be sure to eat, and try to relax
0	<p>TEST DAY!</p> <ul style="list-style-type: none"> • Keep to your normal routine • Have everything that you need • Arrive early to choose your seat and get settled 	<input type="checkbox"/> Believe in yourself—you’ve got this! <input type="checkbox"/> Take a minute before the test to write what you’re anxious about, and then throw it away <input type="checkbox"/> Deep breaths

Use this space to catalogue what you know and to learn what you don't know yet. This kind of preparation will provide you with a strong foundation as you head into your exam preparation.

Test/Subject: _____ **Date/Time of Exam:** _____ **Available Prep Days:** _____

WHAT I KNOW:	WHAT I NEED TO KNOW:
MATERIALS TO COLLECT:	3 PLACES THAT I STUDY WELL 1. _____ 2. _____ 3. _____
MATERIALS TO CREATE:	STUDY ACTIVITIES:



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