

Creating a 7 Day Study Plan

Use the space below to divide up your work into sections to study. On the following page, use the priorities weekly schedule to find specific times when you will be able to study each of those topics (and label which ones so you're prepared when the time comes) listed below.

___ **Day 1: EVALUATE and ORGANIZE!**

- a. What grade do you need to get on this test? What grade do you want to get?
- b. What does the test cover?
- c. How caught up in the course are you (1 being not at all, 10 being completely)?
- d. What study materials do you have?
- e. What are you missing?

___ **Day 2: Topics to Cover:** _____

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

___ **Day 3: Topics to Cover:** _____

Recommended: 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**

- a. Use the day before the test to review.
- b. At this point no new information should need to be learned, focus on difficult or weak areas, or those areas you are not completely comfortable with.
- c. Get good rest

Test Day:

- a. Normal daily routine
- b. Eat a light meal
- c. Don't over use/under use caffeine (do what you would do during as if you didn't have a test that day).
- d. Minimal review of material (we tend to remember the mainly the last things we read so too much review could make you forget some of the material and only be focused on a specific topic/idea).

- 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, rewrite key points
- D. Compare/go over notes with a friend/study group, find out what you missed
- E. Re-Read Chapter with SQ3R (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, then with notes/book
- I. Compare lecture notes with notes taken from the text (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 the other.
- J. Visit office hours with questions
- K. Other: _____

Priorities for this week (regular)	Est. Time	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			7:00 AM						
		8:00 AM							
		9:00 AM							
		10:00 AM							
		11:00 AM							
		12:00 PM							
		1:00 PM							
		2:00 PM							
		3:00 PM							
Priorities for this week (special)		4:00 PM							
		5:00 PM							
		6:00 PM							
		7:00 PM							
		8:00 PM							
		9:00 PM							
		10:00 PM							
		11:00 PM							
	Total Time	To Do List							