

Preparing for tests is most effective when done over the course of your term through daily study sessions with varied active learning activities. Then, as you near the test, it can be helpful to make a more intentional test-prep 7-day-countdown plan.

# MAKE A 7 DAY STUDY PLAN

DAY:	WHAT TO DO:	HOW TO DO IT:
7	<p><b>GOAL: Evaluate &amp; analyze, plan &amp; organize (see other side to do this):</b>                      What do you need to know &amp; what do you know already?                      How much time do you have &amp; how much time will you spend?</p>	<p>Look to midterm/test grades—identify what content was challenging                      Identify material you have &amp; what you need Create a study checklist (topics, formulas, etc.)                      Create a study schedule for the week</p>
6	<p><b>GOAL: Create study materials.</b>                      Focus 1st on what you don't know                      As you make materials, learn as you go &amp; then continue to study with them</p>	<p>Create flashcards &amp; study guides                      Find end of chapter questions/ problems to answer.                      Visit office hours with questions</p>
<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 &amp; then combine the goals within the days you have left.</i></p>		
5	<p><b>GOAL: Make links and find differences.</b>                      Keep working on what's challenging                      Introduce material you feel okay about                      Make connections &amp; Use what you know to learn what you don't.</p>	<p>Write/draw content in your own words- Summarize key points                      Write term definitions in your own words                      Draw figure from memory                      Synthesize lecture/reading/lab/recitation notes</p>
4	<p><b>GOAL: Teach the material</b>                      Use the 80/20 rule- Spend 80% of your time on new material and 20% of time on old.                      Practice saying content aloud – where are your gaps? What to focus on next?                      Use study partners / groups</p>	<p>Teach flashcard terms/ definitions                      Solve problems &amp; explain the steps you took to get there.                      Assign concepts to study group participants &amp; everyone teaches/questions</p>
3	<p><b>GOAL: Test yourself</b>                      Wait to look at the answers                      Vary your testing activities                      Avoid familiarity traps- ask questions on ALL you've learned, in no pattern.                      Teach your brain to find pathways back to the information.</p>	<p>Take practice tests &amp; re-take challenging problems from prior tests                      Write &amp; exchange test questions with your classmates—what will your instructor want to know you know?                      Mix old content with new content Visit office hours with any questions</p>
2	<p><b>GOAL: Reflect &amp; test more.</b>                      Use yesterday's challenge(s) to decide what to revisit &amp; practice more                      Remember to test what you know well                      Explain processes &amp; connections—know the steps to reaching answers</p>	<p>Make concept maps connecting different sections/concepts from the term Continue to take &amp; make tests/answer questions from memory; try to replicate your test environment                      Recite aloud, draw from memory, re-present information in new ways</p>
1	<p><b>GOAL: Bring it all together.</b>                      Continue to make connections/identify similarities &amp; differences between all of the content                      Prioritize sleep &amp; meals Do something relaxing</p>	<p>Continue to replicate the test environment— the length of time you get, the room, etc.                      Keep thinking about what your instructor might ask &amp; be sure you can answer                      Get good rest, be sure to eat &amp; try to relax</p>
0	<p><b>TEST DAY!</b>                      Keep to your normal routine Have everything you need                      Arrive early to choose your seat &amp; get settled</p>	<p>Believe in yourself—you've got this                      Take a minute before the test to write what you're anxious about &amp; then throw it away                      Deep breath</p>

# READY FOR EXAMS

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: \_\_\_\_\_

**MAKE A 7 DAY STUDY PLAN**

**WHAT I KNOW:**

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

**WHAT I NEED TO KNOW:**

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_



**MATERIALS TO COLLECT:**

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

**3 PLACES I STUDY WELL:**

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

**MATERIALS TO CREATE:**

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
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- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

**STUDY ACTIVITIES:**

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

**READY FOR EXAMS**