

# 7 Day Study Plan

- **Day 1:** Assess and Organize

- Know what grade you need on test and set yourself a goal
- Know what the test is going to cover
- Rate yourself from 1-10 on how well you know the class material
- Make sure you have all your notes ready to review for test
- Know what you're missing and ask classmates or professor

- **Day 2:** Study Techniques

Ex:

- Fill out/answer study guide, from memory first, then with notes/book
- Do practice test in a test like environment
- Prioritize the material you don't know
- Review notes & Study guide

- **Day 3:** Study Techniques

- Review notes & rewrite key point
- Re-Read Chapters & highlight key points

- **Day 4:** Study Techniques

- Compare/go over notes with a friend/study group, find out what you missed, and create a study guide together
- Re-read lecture slides, elaborate key points and if needed, add new information to study guide
- Create practice test on the material you missed and key terms



- **Day 5:** Study Techniques
  - Do practice test(s), in a test-like setting
  - Fill out/answer study guide; from memory first, then with notes/book
  - Review notes & rewrite key point
- **Day 6:** Study Techniques
  - Do practice test(s), in a test-like setting
  - Fill out/answer study guide; from memory first, then with notes/book
  - Review notes & rewrite key point
- **Day 7:** General review and Weak Areas
  - Use the day before test to review
  - Focus on your weak areas and what you don't feel comfortable in
  - Review study guide briefly before going to sleep
  - Get good rest and relax!

## Test Day

- Normal daily routine
- Eat a light healthy meal
- Don't over use/under-use caffeine use it like you normally would
- Lastly, don't over study the day of the test because you could possibly forget material.

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