

## Create a 7 Day Study Plan

### Day 1

Evaluate & Organize

- What grade do you need to get?
- What material will be covered?
- How caught up are you in the course?
- What are you missing?
- What study materials do you have?
- Who can you count on for support?

### Day 2

Study

What time?

What letters?

What numbers?

- Read
- Create an outline
- Go over lecture slides
- Review class notes and re-write key points
- Study with a friend or group/compare notes
- Draw and redraw diagrams
- Make practice questions/notecards

### Day 3

Study

What time?

What letters?

What numbers?

- Fill out/answer study guide from memory first, and then with book and notes.
- Re-Read key points
- Go over lecture slides
- Review class notes and re-write key points
- Study with a friend or group/compare notes
- Re-draw diagrams
- Study notecards

### Day 4

Study

What time?

What letters?

What numbers?

- Fill out/answer study guide from memory first, and then with book and notes.
- Re-Read key points
- Go over lecture slides
- Review class notes and re-write key points
- Study with a friend or group/compare notes
- Re-draw diagrams
- Study notecards
- See your professor for clarification on study questions

### Day 5

Apply

What time?

What letters?

What numbers?

- Generate examples of principals, real life examples
- Explore case studies and look for examples of concepts
- Compare lecture notes with notes taken from the text to see what points are emphasized in both sets of materials, and also information that is not in one but the other.
- Study notecards
- Study with a friend or group/compare notes
- See your professor for clarification on study questions
- Do practice tests in a test-like setting

*Brain Break Tips*  
*Manage your break time!*

1. Listen to music
2. Eat a snack
3. Exercise
4. Pray/Meditate
5. Check phone
6. Do a puzzle
7. Organize
8. Go for coffee
9. Read a magazine
10. Play with your pet
11. Eat a meal
12. Visit someone
13. Run an errand
14. Clean
15. Watch TV
16. Go for a walk
17. Take a nap
18. Play a game
19. Shop
20. Take a drive
21. Play an instrument

## Day 6

*Apply*

What time?

What letters?

What numbers?

## Create a 7 Day Study Plan

- A. Generate examples of principals, real life examples
- B. Explore case studies and look for examples of concepts
- C. Compare lecture notes with notes taken from the text to see what points are emphasized in both sets of materials, and also information that is not in one but the other
- D. Study notecards
- E. Study with a friend or group/compare notes
- F. See your professor for clarification on study questions
- G. Do practice tests in a test-like setting

22. Talk to a friend
23. Write in a journal
24. Go outside
25. Read a book
26. Make a phone call
27. Clear your head
28. Get ready/Dress up
29. Text someone
30. \_\_\_\_\_
31. \_\_\_\_\_
32. \_\_\_\_\_
33. \_\_\_\_\_

## Day 7

*Review*

- Use the day before the test to review.
- Focus on difficult or weak areas or those areas that you aren't comfortable with
- See you professor for clarification on study questions
- Get a good rest

## Test Day Tips

1. Stick to a normal daily routine. Don't do anything out of the ordinary, avoid added stressors.
2. Don't eat something heavy or unusual, and don't avoid eating. This will help prevent sickness.
3. Don't over or under use caffeine. Do what you usually do.
4. Light review of material. We tend to remember 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.