

The 8-Day Study Plan

Day 8 (in 8 days you will be writing a test)

Planning Day:

- * Make a list of everything that may be on the exam. (Check your syllabus and class notes; talk to your instructor; do not wait for an in-class review to start preparing!)
- * Divide the material into four learning chunks (label them as A, B, C, & D; try to keep related material in the same chunk).
- * Decide on a study schedule for the next seven days – when you will study, with whom you will study, where you will study, the materials you require, and so on.

Day 7 (Countdown: Seven days to go)

- * Focus on **chunk A**
- * Memorize key concepts, facts, formulas, and so on that may be on the test.
- * Take an active approach to learning the material: write practice tests, summarize information into your own words, use critical thinking to connect ideas.

Day 6 (Countdown: Six days to go)

- * Use the same techniques from day 7 to study **chunk B**

Day 5 (Countdown: 5 days to go)

- * Use the same techniques from day 7 to study **chunk C**

Day 4 (Countdown: 4 days to go)

- * Use the same techniques from day 7 to study **chunk D**

Day 3 (Countdown: 3 days to go)

- * Combine and review chunks **A & B**

Day 2 (Countdown: 2 days to go)

- * Combine and review chunks **C & D**

Day 1 (Countdown: 1 day to go)

Put it all together: Review chunks A, B, C & D

- * Make sure you have committed every concept, fact, formula, process, and so on to memory. Focus on those that you anticipate to be on the exam; spend extra time on those that you are struggling with still.
- * Take a timed practice test. Write out complete answers so that concepts and words stick in your memory. (use questions from your Chapter Review section in the textbook to create this practice test)
- * Get a good night's sleep!

Test Day

- * Review once more, if you have the time, and if the last minute review does not cause you to become overly anxious
- * As soon as you get the test, look over the questions – determine where the highest mark questions are – jot down any critical facts that you do not want to forget on the back of the paper.
- * Manage your allotted time well to ensure you do not run out of time