



# Seven Day Study Plan

Directions: Identify course content you know and don't know, ask questions, and gain clarification. Use the guide below to make a more specific study plan on the next page.

General Study Tips	Exam Basics	Material Being Covered
<ul style="list-style-type: none"> <li>Study no more than 2 hours per night</li> <li>Get plenty of sleep</li> <li>Do your readings</li> <li>Review material throughout the term to reduce study hours needed during heavy exam time</li> </ul>	<ul style="list-style-type: none"> <li>Time of Exam:</li> <li>Length of Exam:</li> </ul> <p>Format (circle one)</p> <ul style="list-style-type: none"> <li>Multiple choice</li> <li>Essay</li> <li>Other</li> </ul>	<p>Material being covered on the test:</p>

ORGANIZE	PROCESS	PROCESS	ASSESS	TARGETED REVIEW	TARGETED REVIEW	GENERAL OVERVIEW
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p>Gather your notes from class and textbook. Consider all resources to help you study.</p> <p>-Identify main topics -Organize ideas -Mark weak/strong areas under topics</p>	<p>Review some of the general concepts.</p>	<p>Review some of the general concepts.</p>	<p>Do a study guide or practice test from your notes.</p> <p>Code topics by color: -Green: I know without notes -Yellow: I know but struggle occasionally -Red: I don't know at all</p>	<p>Review yellow items Get help on the red items</p>	<p>Review yellow items Get help on the red items</p>	<p>Review the red areas</p> <p>Look for material not covered in the lecture or texts</p> <p>Connect concepts and ideas</p>

Review Ideas: <b>Green</b>	Review Ideas: <b>Yellow</b>	Review Ideas: <b>Red</b>
<p>Identify concepts that you know without your notes and note them as GREEN. You can review these concepts through:</p> <ul style="list-style-type: none"> <li>Flashcards</li> <li>Study guide</li> <li>Quiz yourself</li> </ul>	<p>Identify concepts that you know, but struggle with occasionally. Mark them as YELLOW, and review them through:</p> <ul style="list-style-type: none"> <li>Flashcards with a friend</li> <li>Turning notes into sample test questions</li> <li>Creating a chart or diagram of the idea</li> </ul>	<p>Identify concepts you don't know at all, and mark them as RED. Learn these concepts using these methods:</p> <ul style="list-style-type: none"> <li>Use the book to fill in details</li> <li>Tutoring</li> <li>Office Hours</li> <li>YouTube/Google</li> <li>Work with a friend from the class</li> </ul>

Date: / /	Date: / /	Date: / /				
ORGANIZE	PROCESS	PROCESS	ASSESS	TARGETED REVIEW	TARGETED REVIEW	GENERAL OVERVIEW
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Time:	Time:	Time:	Time:	Time:	Time:	Time:

What I know (green)	What I almost know (yellow)	What I don't know (red)