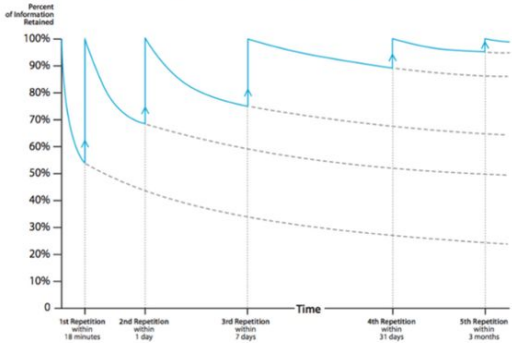




Seven Day Study Plan



Directions: Identify course content you know and incorporate concepts you don't know into your plan, ask questions, and gain clarification. Use the example below to model your own study plan on the second page.

General Study Tips	Curve of Forgetting	Exam Basics
<ul style="list-style-type: none"> • Don't spend more than 2 hours per night on one subject • Get sleep before the exam • Do your reading for the class when it is assigned • Review constantly during the term to take the weight off of a heavy exam period (summarize or key points from Cornell notes) 	 <p>The graph shows the percentage of information retained over time. The y-axis is 'Percent of Information Retained' (0-100%) and the x-axis is 'Time' with five repetitions. Each repetition shows a sharp initial drop followed by a recovery and then a gradual decline. The 5th repetition shows the highest retention level, around 90%.</p>	<p>Time</p> <ul style="list-style-type: none"> • Time of Exam: _____ • Length of Exam: _____ <p>Format (check one)</p> <ul style="list-style-type: none"> • Multiple choice • Essay • Other <p>What material is covered on the test:</p>

Example:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p>Organize! Make sure you have all your notes (class and textbook) in one place. -What topics are covered? -Chronological order. -Outline all material you need to study -Mark weak/strong areas under topics</p>	<p>PROCESSING Day 1 General review over the concepts. Divide up what you will study on day 1 vs. day 2. Half the material? Concepts that make sense together?</p>	<p>PROCESSING Day 2 General review over the concepts. Divide up what you will study on day 1 vs. day 2 Half the material? Concepts that make sense together?</p>	<p>WHAT DO I KNOW? Do a study guide, practice test, or get quizzed over your notes. -Green: I know without my notes -Yellow: I know but need a vocab word to get started -Red: I don't know at all</p>	<p>STUDY GROUP/ TUTORING/ OFFICE HOURS/ SUPPLEMENTAL INFO Review yellow items Get help on the red items</p>	<p>STUDY GROUP/ TUTORING/ OFFICE HOURS/ SUPPLEMENTAL INFO Review yellow items Get help on the red items</p>	<p>GENERAL REVIEW Put it all together Review the areas you know you are weakest Look for material not covered in the lecture or texts</p>

Review Ideas: Green	Review Ideas: Yellow	Review Ideas: Red
<ul style="list-style-type: none"> - Flashcards - Study guide - Quiz yourself 	<ul style="list-style-type: none"> -Flashcards with a friend -Turn notes into sample test questions -Create a chart or diagram for the idea 	<ul style="list-style-type: none"> -Go back to the book to fill in details from notes -Tutoring @ Holtz Hall, Cardwell, SAS, etc. -Office Hours (pre-plan, send an email in advance) -Google the topic with "pdf" for other examples -Youtube -KhanAcademy -Find a friend who takes the class to help fill in gaps

Date:	Date:	Date:	Date:	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)