



# 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> Format (circle one) <ul style="list-style-type: none"> <li>● Multiple choice</li> <li>● Essay</li> <li>● Other</li> </ul>	Material being covered on the test:

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

Review Ideas: <b>Green</b>	Review Ideas: <b>Yellow</b>	Review Ideas: <b>Red</b>
Identify concepts that you know without your notes and note them as GREEN. You can review these concepts through: <ul style="list-style-type: none"> <li>- Flashcards</li> <li>- Study guide</li> <li>- Quiz yourself</li> </ul>	Identify concepts that you know, but struggle with occasionally. Mark them as YELLOW, and review them through: <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>	Identify concepts you don't know at all, and mark them as RED. Learn these concepts using these methods: <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: / /	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)

