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.

<table>
<thead>
<tr>
<th>General Study Tips</th>
<th>Exam Basics</th>
<th>Material Being Covered</th>
</tr>
</thead>
</table>
| ● Study no more than 2 hours per night  
● Get plenty of sleep  
● Do your readings  
● Review material throughout the term to reduce study hours needed during heavy exam time | ● Time of Exam: 1:00pm  
● Length of Exam: 1 hour  
Format (circle one)  
● Multiple choice  
● Essay  
● Other | Material being covered on the test: chapters 1-5, lectures and homework |

<table>
<thead>
<tr>
<th>ORGANIZE</th>
<th>PROCESS</th>
<th>PROCESS</th>
<th>ASSESS</th>
<th>TARGETED REVIEW</th>
<th>TARGETED REVIEW</th>
<th>GENERAL OVERVIEW</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td>Day 2</td>
<td>Day 3</td>
<td>Day 4</td>
<td>Day 5</td>
<td>Day 6</td>
<td>Day 7</td>
</tr>
</tbody>
</table>
| 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 |

|---------------------|----------------------|--------------------|
| Identify concepts that you know without your notes and note them as GREEN. You can review these concepts through:  
- Flashcards  
- Study guide  
- Quiz yourself | Identify concepts that you know, but struggle with occasionally. Mark them as YELLOW, and review them through:  
- Flashcards with a friend  
- Turning notes into sample test questions  
- Creating a chart or diagram of the idea | Identify concepts you don't know at all, and mark them as RED. Learn these concepts using these methods:  
- Use the book to fill in details  
- Tutoring  
- Office Hours  
- YouTube/Google  
- Work with a friend from the class |
## Schedule

<table>
<thead>
<tr>
<th>Date: 10/23</th>
<th>Date: 11/23</th>
<th>Date: 12/23</th>
<th>Date: 13/23</th>
<th>Date: 14/23</th>
<th>Date: 15/23</th>
<th>Date: 16/23</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ORGANIZE</strong></td>
<td><strong>PROCESS</strong></td>
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<td><strong>Day 6</strong></td>
<td><strong>Day 7</strong></td>
</tr>
<tr>
<td>Chapter 1-5</td>
<td>Review lectures 1-3</td>
<td>Review lectures 4-5</td>
<td>Mark examples I don't understand</td>
<td>Attend review session with professor and TAs</td>
<td>Zoom with TA (email them questions ahead of time!)</td>
<td>Review Green items (20-30 minutes)</td>
</tr>
<tr>
<td><em>6 lectures total</em></td>
<td></td>
<td></td>
<td>review and make a Quizlet</td>
<td>Ask questions in &quot;red&quot; section</td>
<td></td>
<td>Review Yellow items (30 minutes)</td>
</tr>
<tr>
<td>Study Materials:</td>
<td></td>
<td></td>
<td>Make study guide</td>
<td></td>
<td></td>
<td>Review Red items (1-2 hours)</td>
</tr>
<tr>
<td>Notes</td>
<td></td>
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<td>remember to take breaks!</td>
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<tr>
<td>Textbook</td>
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<tr>
<td>Lecture Videos</td>
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<tr>
<td>Class Study Guide</td>
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<tr>
<td><strong>Time:</strong> 20-30 minutes</td>
<td><strong>Time:</strong> 1 hour</td>
<td><strong>Time:</strong> 1 hour</td>
<td><strong>Time:</strong> 1 hour</td>
<td><strong>Time:</strong> 1 hour</td>
<td><strong>Time:</strong> 30 minutes</td>
<td><strong>Time:</strong> 2-3 hours</td>
</tr>
</tbody>
</table>

## What I know (green)

- Trait theories
- Stress Response System
- Coping with Stress strategies

## What I almost know (yellow)

- Conformity and Obedience (differences)
- Theories of Prejudice
- Helping (Support/Diminish)
- Need better strategies for recall specific examples.

## What I don't know (red)

- Fundamental Attribution Error and Cognitive Dissonance Theory
- What are real life application examples?
- How is Attribution Theory different from bias?