7 DAY STUDY PLAN
YOUR FINAL COUNTDOWN PLAN OF ATTACK

DAY 1
ORGANIZE YOUR MATERIALS

DAY 2
IDENTIFY FOCUS WITH PRE-TESTS

DAY 3
CREATE A STUDY GUIDE

DAY 4
TAKE CARE OF YOURSELF
SLEEP. EAT. DRINK WATER.

DAY 5
STUDY SMARTER
SEE LIST BELOW

DAY 6
TEST ANXIETY? ARRIVE 10 MINUTES EARLY AND WRITE OUT FEARS. PRACTICE DEEP BREATHING.

DAY 7
CONTINUE YOUR DAILY ROUTINE, REVIEW THE MATERIAL MINIMALLY, THINK POSITIVELY, AND RELAX!

TEST DAY

PROVEN STUDY STRATEGIES

READ CHAPTER SUMMARIES & KEY TERMS

USE AS MANY OF THESE STRATEGIES AS YOU CAN.

REPEATITION OVER TIME = RETENTION OF MATERIAL

READ CHAPTER SUMMARIES & KEY TERMS

GO TO FACULTY OFFICE HOURS WITH QUESTIONS

QUIZ YOURSELF

STUDY IN INTERVALS OF 20 MINUTES, BREAK FOR 5 MINS. USE A TIMER

CREATE AN OUTLINE

For more resources and help: aae.boisestate.edu/study
follow us @BSUSuccess
call 426-4049
email academic@boisestate.edu
Visit us in Academic and Career Services Building Room 102

REVIEW AND REWRITE LECTURE SLIDES AND CLASS NOTES

DISCUSS CONCEPTS WITH PEERS

FILL OUT STUDY GUIDE FROM MEMORY

DO PRACTICE TESTS IN A TEST LIKE SETTING

MAKE FLASHCARDS