7 DAY STUDY PLAN

EVALUATE THE SITUATION
What is your current grade in your class? What is your goal for your final course grade? What grade do you need to achieve on this test to make that final course grade goal achievable? What content does the test cover? How caught up are you on that content? Adjust your study efforts accordingly.

SCHEDULE STUDY TIME
Create blocks of time to study throughout the week, ideally in 2-3 hr blocks with a break in between. Write specific goals for each study block (i.e.: rewrite Ch3 notes) so you don’t waste any time or forget to review content.

FIND A STUDY GROUP
Talking through content, working problems in groups, and discussing concepts with other students from your class has been shown to be very effective in increasing test scores. 3-5 people in a group is an ideal size.

Day 1
ORGANIZE YOUR MATERIALS
Gather all relevant notes, PowerPoint slides, readings, assignments, and other materials related to content covered on the test. What are you missing?

Day 2
IDENTIFY FOCUS WITH PRE-TESTS
*MOST EFFECTIVE* for increasing test scores is to take a practice test to identify what you know and what you need to revisit. Don’t have a practice test? Make your own from your notes, chapter summaries, course slides, etc.

Day 3
CREATE A STUDY GUIDE
Great activity to do in a study group! The best format for a study guide varies by course. Some examples include: concept mapping, outlining, key word lists, and diagramming. Search the internet for examples in courses similar to yours for ideas.

Take Care of Yourself
Sleep. Eat. Drink Water.

Test Anxiety? Arrive 10 Minutes Early and Write Out Fears. Practice Deep Breathing.

Study Smarter
See List Below

Test Day
Continue Your Daily Routine, Review the Material Minimally, Think Positively, and Relax!

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

Proven Study Strategies
Use as Many of These Strategies as You Can.

Repétition Over Time = Remembering

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: nac.boisestate.edu/study follow us @BsuSuccess call 426-4049 email academic@boisestate.edu Visit us in Academic and Career Services Building Room 102