7 DAY STUDY PLAN

ASSESS THE SITUATION

Figure out your current grade in the class. Calculate how many points you need to earn on the upcoming test to gain the desired final course grade. Learn about the test e.g. content, types of questions, point value for questions etc...Be honest with yourself: how caught up are you on the content? Adjust your studying 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. Schedule in some exercise and sleep.

FORM A STUDY GROUP

Participating in a study group is highly effective! Get with 3-5 people from your class to discuss content, review homework, share notes, and create practice tests. Set goals for the session and take breaks to keep the group focused.

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 study guides from old tests and quizzes, notes, chapter summaries, course slides, etc.

CREATE A STUDY GUIDE

Great activity to do in a study group! The best format for a study guide will vary 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.

STUDY SMarter

REpetition Over Time = Remembering
Use proven study strategies below to maximize your time.

PROVEN STUDY STRATEGIES

USE AS MANY OF THESE STRATEGIES AS YOU CAN.

- Rewrite and review lecture slides & class notes
- Discuss concepts with peers
- Fill out study guide from memory
- Do practice tests in a test-like setting
- Make flashcards
- Make personal connections and examples to the material
- Read chapter summaries and key terms
- Go to faculty office hours with questions
- Quiz yourself
- Study in intervals of 20 minutes, break for 5 minutes. Use a timer
- Create an outline of each chapter

TEST ANXIETY?

ARRIVE 10 MINUTES EARLY AND WRITE OUT FEARS. PRACTICE DEEP BREATHING.

TEST DAY

CONTINUE YOUR DAILY ROUTINE

REVIEW THE MATERIAL MINIMALLY, THINK POSITIVELY, AND RELAX!

FOR MORE  aae.boisestate.edu/study  |  follow us @BSUSuccess
RESOURCES  call 426-4049  |  email academic@boisestate.edu
AND HELP:  Visit us in Academic and Career Services Building Room 114