

Sample Study Plan for an Exam

Do you find yourself resorting to late night cram sessions as your primary method for test preparation? Or do you study for lengths at a time but not get the results you want on your exams? Effective studying is not just about quantity (how much time you spend studying) but also about quality (how you study). Test Preparations should take place well before the test and should involve more than just reading over material. Below is a sample breakdown of how students can effectively prepare for a test from day one. For additional information about these tips, please view the other handouts available on SARC Online.

<p>IMMEDIATELY AFTER LAST EXAM IS GRADED</p>	<ul style="list-style-type: none"> • Post-Test Survey: reflect on past exam(s) and determine how to study (ex: where did the instructor pull questions/answers from, what type of questions did the instructor ask – did answers require memorization, understanding and/or application of the material)
<p>DAYS IN WHICH NEW CONTENT IS COVERED IN CLASS</p>	<ul style="list-style-type: none"> • Attend class every day and take notes • Review and rewrite lecture notes (paraphrase and incorporate mnemonics, charts, diagrams, or other visuals) • Read/Review all chapters – add notes from the reading to lecture notes • Make flashcards for key terms and concepts • Work on extra practice problems (if applicable to class) • Utilize campus resources such as SARC Tutoring and SI
<p>WEEK PRIOR TO TEST DATE</p>	<ul style="list-style-type: none"> • Complete the Study Guide • Review, Review, and Review! Repetition is key – but do it effectively! Do not just read through the material passively several times – this is okay for the first and second read through, but then engage with the material every time after: think of examples, paraphrase, try to recall) • Self-Test (via flashcards, study guide, practice questions, study buddy, teaching the empty classroom technique)
<p>DAY OF EXAM</p>	<ul style="list-style-type: none"> • If time permits do a quick review and self-test • Take a break and relax right before the exam • Arrive to class early with all materials needed • Tell yourself you have prepared and you will do well! Positive self-talk works!
<p>POST-EXAM</p>	<ul style="list-style-type: none"> • Do a Post-Test Survey and game plan for the next exam

Other Tips/To Do Items:

- Ask your instructor, TA, tutor and/or SI Leader if you have any questions
- Study in an environment that will allow you to focus (desk/table, library – not in bed!)
- Take breaks – allow your mind time to rest
- Get a good night's sleep
- Eat well balances meals