



Test Prep:*Hacked*

Build the Ultimate Study Plan

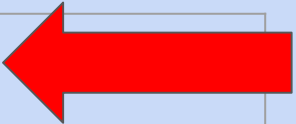
# Any Great Accomplishment Starts With a Plan!

Take a little time to think about how you can make the most out of the days before a BIG exam.

Be diligent. This technique is great to help keep yourself **on track**, stay **less stressed**, and be **more confident**. You will surely thank yourself if you can follow through with your plan.

# Step 1: Draw a grid to use as a calendar.

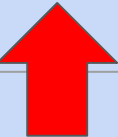
Day 1	2	3	4
5	6	7 Sleep...	Day 8 Breakfast Exam DAY! Celebrate! Pie.



Count the days in a way that helps you keep track.



Have a healthy meal before the exam.



Be sure to get a good night sleep.

## Step 2: Pick Study Methods to Put on Calendar

Start by a list of any assignments, lecture or reading you may have missed, and tackle those FIRST.

Then, add in strategies from the following pages. You do NOT need to use all of these strategies. Feel free to repeat the ones that you use that work for you, or add your own.

# Study Strategies Suggestions

- Re-read lecture slides, elaborate, and add notes
  - Consider comparing and contrasting material from the lectures with material from the reading
- Fill out/answer study guide from memory. Then with notes/textbook
  - If you have not been given a study guide, think about creating one for yourself by using questions from the back of the chapters, or turning chapter headings and subheadings into questions – see [Reading Strategies](#), pages 7 & 8 for more information.
- Visit office hours with questions
  - Make a list of questions to take with you. Instructor office hours are for this purpose.

## Step 2: Pick Study Methods to Put on Calendar

- Read chapter intro, summary, and key terms
  - This is a good way to get an overview of the key material the chapter covers and refresh your memory
- Create an outline
  - Use the syllabus to make an outline of material you have covered, and where your gaps might be. Focus on those gaps first.
- Build Mind Maps/Concept maps. Here's how: [Concept/Process Maps – A How-To Guide](#)
- Study Flash Cards – [Guidelines for making effective flashcards](#)
- Compare/go over notes with a friend/study group. Find out what you missed

# Step 3: Build Your Perfect Plan (Example)

<b>Day 1*</b> Organize notes	2 Build mind maps	3 Study flash cards	4 Finish practice test
5 Re-do practice test Flash cards Review Mind maps	6 Connect with instructor for clarification	7 Re-do practice test Mind maps Flash Cards  SLEEP...zzzz	<b>Day 8*</b>  Breakfast  <b>Exam</b>  Celebrate! <b>Pie.</b>



\* Mondays are hard! - Eat healthy snacks and keep hydrated!

# How -To Tips

- Study for at least 10 days before a BIG exam, like a midterm or finals.
- Study everyday, if possible. Break up your study time (take a 10 minute break for each hour you study).
- Take 5 minutes each day to review your notes from classes.
- Make a goal for your study time, such as, “by the end of this hour, I will have read and taken notes on 6 pages of this chapter.”
- Take a break if things get frustrating. Do something else. Do something to relax.





# Questions? Comments?

Contact Academic Coaching at

[lbcoach@linnbenton.edu](mailto:lbcoach@linnbenton.edu) to talk to a coach, get more study tips, and ask questions.

