

# THE SEVEN-DAY STUDY PLAN

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1. Start studying for the exam seven (7) days in advance.
2. Plan to study 2 hours each day.
3. Follow this seven-day plan:

**DAY 1:** ORGANIZE all your notes and materials from class and your textbook materials.

- Outline all material for study.
- Check if anything is missing.
- Start with the most important material first and work through to the least important material.

**DAY 2:** REVIEW / study material emphasized in LECTURE ONLY

**DAY 3:** REVIEW / study material emphasized in TEXT ONLY

**DAY 4:** REVIEW / study material emphasized in BOTH LECTURE and TEXT

**DAY 5:** REVIEW / study material emphasized in LECTURE ONLY

**DAY 6:** REVIEW / study material emphasized in TEXT ONLY

**DAY 7:** REVIEW ALL

- Emphasize weak areas
- Include material not emphasized in either lecture or text

4. Use the last night to review.
5. Study a maximum of 2 hours/night. The total hours of study should equal 10-14.
6. Get at least 6 hours of sleep the night before the exam. Lack of sleep diminishes one's effectiveness while taking the exam.
7. Think positively.
8. Do not take the test on a full stomach. It is difficult to think and digest food at the same time. Either eat something light just prior to the exam or eat a full meal at least one hour in advance.
9. Constant review throughout the term will help you understand more than an all-night cram session--REALLY. [Constant review means spending 10-15 minutes after each class reviewing the notes and an additional 45 minutes each week reviewing each set of class notes and textbook portion.]

