



CREATING A STUDY PLAN

DETERMINE CONTENT COVERAGE & EXAM FORMAT

1

- Consult your course syllabus
- Review lecture notes & textbook chapters
- Utilize previous exams & quizzes
- Collect handouts or info. from other students
- Gather info. from the last class before exam

ORGANIZE YOUR MATERIALS & COMPARTMENTALIZE

2

- Organize materials by topics or theme
 - Identify using syllabus details or table of contents
 - Sort your materials from Step 1 by determining what is important & related
 - Condense information into your own words
- Bonus:** you review content while organizing!

SELECT YOUR STUDY STRATEGIES

3

- Choose strategies that work best for you!
- **Examples:** outline, summarize, list steps, recite main points, answer textbook questions, generate (& answer) possible exam questions, solve practice problems, create question cards, explain concepts to peer(s), etc.

IDENTIFY TIME NEEDED FOR EACH STUDY STRATEGY

4

- Estimate time needed to study based off the study strategies that you plan to use
 - Less time = list steps, recite main points, create question cards, etc.
 - More time = outlining, summarizing, generating exam questions, etc.

SET ASIDE TIME IN YOUR WEEKLY SCHEDULE

5

- Start with exam date and work backwards
- Identify what you want to study as well as when & how long you want to study for
- Incorporate new material to study each time, but continue revisiting studied material as well. This is called "distributed practice."

REVIEW & MODIFY PLAN AS NECESSARY

6

- Commit to your study plan
- Self-monitor your progress and understanding of the material in relation to your study goals
- If something takes shorter/longer than expected, modify your study plan
- Give yourself time, do not procrastinate!