

Before exams:

| Study Strategy | ✓ |
|---|---|
| Completing readings | |
| Taking notes from readings | |
| Reviewing notes from readings | |
| Video tutorials | |
| Taking class notes | |
| Creating a personal study guide | |
| Study from study guides | |
| Attending tutoring/extra help | |
| Forming a study group | |
| Predicting test questions | |
| Concept-mapping or diagramming | |
| Reviewing old homework/assignments | |
| Reviewing past quizzes & tests | |
| Completing practice problems from review sheets | |
| Studying from flashcards | |
| Other: | |

Who I plan on studying with: _____
What info I should study most: _____
Time of day I study best: _____
Length of study sessions: _____
I plan on studying ____ days in advance
I will put my phone _____ during my study sessions.



Test Taking Checklist



Use this checklist to help you feel prepared for a test!

1. I know what to expect on the test!

What topics do you need to study for this test? Write down what you need to know below:

2. I've asked the teacher any questions that I have!

What questions do you have for the teacher about the test or the questions that will be on it?

(1) _____

(2) _____

3. I've studied the best way that I can!

How do you plan on studying? When and how often do you plan on doing it?

4. I'm well rested and I've eaten a healthy breakfast!

What time should you go to bed to feel well rested? _____

What are you going to have for breakfast? _____

5. I'm having positive thoughts!

What are positive thoughts that will help you feel confident about the test?

(1) _____

(2) _____

(3) _____

6. I will remember to...

(1) Relax! (2) Listen closely to the instructions. (3) Read every question carefully.
(4) Take my time. (5) Stay positive. (6) Check my work.

Things I need to consider when making my study plan:

- Work
- Religious commitments
- My exam schedule
- Extra-curricular
- Family commitments
- Transportation needs
- Sports
- Social activities
- Other



Use the calendar to help you develop your study plan. Pencil in your exam times and all other commitments.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | |