

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
	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	