

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
			13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	