THE SEVEN-DAY STUDY PLAN

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.]