Exam Study Plan

Course: _____ Book chapters: _____

Strategies to use

- ☐ Mind mapping
- ☐ Flash cards
- ☐ Re-do homework
- ☐ Color-code & summarize notes
- ☐ Create mirror questions from reading logs
- ☐ Make a Quizlet
- ☐ Practice diagram drawing & labeling
- ☐ Make a glossary or timeline
- ☐ Mnemonics
- ☐ Teach to learn

Materials	Gathered
Lecture notes	
Reading notes	
Texts / supplemental reading	
Provided study guide	
Homework	
Completed quizzes / tests	
Instructor slides	

Topics to Study	Level of Understanding	New Level of Understanding

Exam Study Plan

Study Group Members

Strategy	Day	Time Spent	Complete

Motivation!	
Rearrange your desk / tidy up	Study playlist
Google Chrome extension	Check off completed tasks
15-minute power walk	Focus app on your phone
Grab a snack	

Color Coding	Association

Examples: you could use yellow for important dates, pink for terms & definitions, green for names

Positive Self-Talk Statements