

## 2 Week Test Prep – The Anti-Cramming Schedule

<b>Week One (Get Materials Together)</b>						
14 days	13 days	12 days	11 days	10 days	9 days	8 days
<p>Make sure that you have all course materials (textbook, workbook, notebooks).</p> <p>Organize materials. Find all loose notes, assignments, etc. and organize.</p>	<p>Make sure notebooks are organized and information is easily accessible.</p> <p>Determine what information you still need in order to be successful and to cover all information necessary.</p>	<p>Read through notes and write down questions to ask teacher or classmates</p> <p>If you have any unanswered questions afterwards schedule a time to meet with your instructor (office hours).</p>	<p>Caught up on all work up to the exam.</p> <p>Begin reviewing lecture and text notes. Alternate between the two. Study for 40 minutes each day. Make note of concepts that you're stuck on.</p> <p>Utilize tutoring offered by the CAA.</p>	<p>Ask the questions that you wrote down from your notes.</p> <p>Fill in gaps in your notes by asking classmates for their notes from class or make your own from the textbook.</p>	<p>Spend time reviewing information that you were previously tested on. The review with help you with the information.</p> <p>Format your notes in a way that you feel will allow you to be most successful.</p> <p>Plan time to do things that you will enjoy such as exercise and TV time.</p>	<p>As you are reviewing try to make connections between old and new information.</p> <p>Create study charts or concept maps in order to lay out information clearly.</p> <p>Review lecture and text notes.</p>

<b>Week Two (Reviewing Is Key)</b> Spend at least two hours studying a day.							<b>Test Day!</b>
7 days	6 days	5 days	4 days	3 days	2 days	1 day	
<p>Create a formal action plan for your week. Schedule out when and how long you still study.</p> <p>Make a schedule you can and will stick with.</p> <p>Review lecture and text notes.</p>	<p>Drink water while you study! Staying hydrated is important.</p> <p>Utilize your study techniques such as quizzing yourself and using flashcards.</p> <p>Review lecture and text notes.</p>	<p>Form a study group with other students in your course.</p> <p>Study flashcards, review sheets, and practice tests.</p> <p>Reward positive behavior with social time or a night out! But do make sure that you are sticking to your study schedule.</p>	<p>Make a list of key course concepts and come up with examples to illustrate them.</p> <p>Make sure you are prepared to apply key concepts.</p> <p>Study your notes and study charts. Work on recalling the information rather than just reading.</p> <p>Study for about an hour and a half each day now.</p>	<p>Reward yourself again if you have been able to stick to your study schedule effectively!</p> <p>Study flash cards, review sheets, and practice tests.</p> <p>Review lecture and text notes.</p>	<p>Meet with instructor during their designated time or during scheduled meeting time in order to go over concepts that you need more help with.</p> <p>Do textbook chapter reviews. See how many questions you can answer immediately. Look up unfamiliar information.</p> <p>Review lecture and text notes.</p>	<p>Have someone else quiz you on the information.</p> <p>Study for at least three hours today, in 40 minute intervals. Begin early enough and end at a reasonable time.</p> <p>Set a bedtime. It is important to receive enough sleep the night before the exam in order to do well.</p>	<p>Eat a healthy meal before. Junk food is not good for the brain (especially caffeine!).</p> <p>Make sure your cell phone is turned off and you are not distracted.</p> <p>Take deep breaths and relax. Remember to be confident. Focus on positive self-talk, you know everything there is to know and will succeed!</p>

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