

Exam Study Plan

Exam Essentials

Class	Date	Time	Exam Location

Exam dates, times, and locations can be found on SIS

Plan Your Time

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Exam Study Plan

1 Get Started Now

Make a Plan

Make a schedule of when you can do focused preparation for your exams. Start early and keep it realistic.

Break it Up

Avoid cramming by allotting time for review. There is less chance that you will remember what you studied if your brain is fatigued.

Use Little Blocks of Time

Use time while waiting for a friend, a bus, or those moments in the shower, to reread, rethink, and review material.

Mix it Up

Don't try to do marathon sessions; your brain needs variety!

2 Don't Get Off Track

Get Some Sleep

Proper sleep and nutrition help your brain absorb all that information.

Stay the Course and Stay Calm

Mentally rehearse walking into the room, looking over the test, and answering the questions. Rehearse and visualize how you will respond to something you don't know. Tell yourself that you can only do your best.

3 Deal With Your Tension

Take Some Time to Relax

Take a short walk, do some meditation, or get some exercise. Relaxation allows you to release nervous energy and helps you focus.

Adopt a Positive Attitude

See exams as an opportunity to show what you've learned and see how far you've come through your hard work. See exams as challenges, not threats!

Don't Catch an Anxiety "Bug"

Surround yourself with hard-working, focused students and avoid those people that are "flipping out."

Plan For a Reward

Schedule something fun for when it's over, a movie, a visit with a friend, or a special meal. But don't forget to treat yourself along the way with small breaks, coffee, or your favorite show!