

EXERCISE #9

EXAM STUDY PLAN

BACKGROUND:

Never get caught pulling another all-nighter or panicking about an upcoming exam again with this step-by-step exercise to create an outline and study plan for the next big test.

INSTRUCTIONS:

1. Download and print a copy of the Exam Study Plan Worksheet.
2. Begin by entering the exam title and the planned date of the test.
3. Next, list out each of the tasks or topics that may be tested on the exam.
4. Survey your understanding of each topic. In the orange circle, put a checkmark (✓) next to the orange circle for each topic that you already have mastery over.
5. From that survey, generate a list of the high, medium, and low priority topics and the order in which you intend to study them.
6. Depending on the number and difficulty of the priority topics identified, plan out all available study times between now and the exam. Write a location, date, and time for study sessions so it's easier to commit to them later.
7. For each study session, record the total number of minutes studied. Graph the total number of minutes on the Study Minutes Graph to track your progress towards your goal score.

MASTERY CRITERIA:

Some learners may need assistance to develop an exam study plan at first. It may be helpful to show the exam study planner to your course instructor and ask them for guidance on the topics, priorities, and study time required to succeed on the test. Work towards being able to create an exam study plan that results in meeting the goal score for at least three exams.

EXPANSION IDEAS:

The Exam Study Planner worksheet can be used with the Weekly Planning Meeting Agenda (see Exercise #3) or Calendar Construction (see Exercise #7) to promote long-term planning for exams. For larger tests with multiple chapters or sections, create an exam study planner worksheet for each area of the exam, highlighting key topics and a study plan for each area.

SKILL AREAS:


PLANNING


ORGANIZATION


SELF MONITORING

SKILL LEVEL: Moderate to Advanced

MATERIALS:

- Exam Study Plan Worksheet (p. 29)
- Study materials



EXAM STUDY PLANNER

Exam:

Goal Score:

Date of the Exam:

EXAM TOPICS:



PRIORITIES TO STUDY:

HIGH

MEDIUM

LOW

STUDY SESSIONS

DATE TIME LOCATION TOPICS

STUDY MINUTES GRAPH

