



## Instructions for Weekly Study Plan

**Do you want to increase your chances of getting better grades on exams and reducing unwanted stress? Then this is the perfect solution for you!**

- It has been scientifically proven that cramming for an exam does not work. What does work, however, is reviewing exam material little by little, chapter by chapter days before an upcoming exam.
  - By reviewing material over the course of a week, you are more likely to retain that information.
  - For example, on day 1: review Chapter 1. Day 2: review Chapter 1 again along with Chapter 2. Day 3: review Chapter 1, 2, & 3... and so on and so forth.
- **Concepts to Master:**
  - This portion of the Weekly Study Plan pertains to the specific information, concepts, terminology, etc that you know will be on the exam
  - For example, say you are in Intro to Psychology (PSY1010) and you will be asked to know and label the lobes of the brain.
    - Your concepts to master will be the parts of the brain, what those parts do, and where they are located
- **Self-testing Tools:**
  - This portion of the Weekly Study Plan pertains to how you are going to master those concepts listed before it
  - For example, regarding the PSY1010 example listed above, how are you going to master the parts of the brain and what tools/resources are needed?
    - Your self-testing tools will be anywhere from your textbook, notes, PowerPoint presentations posted by your professor, to [tutoring](#), [Crash Course](#) on YouTube, [Quizlet](#), and other self-testing tools

# Weekly Study Plan

**Exam:** \_\_\_\_\_

|                    | Course                     | Exam Date                  | Exam Time                  | Exam Location              |                            |                            |                            |
|--------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
|                    | <b>1</b><br>Date:<br>_____ | <b>2</b><br>Date:<br>_____ | <b>3</b><br>Date:<br>_____ | <b>4</b><br>Date:<br>_____ | <b>5</b><br>Date:<br>_____ | <b>6</b><br>Date:<br>_____ | <b>7</b><br>Date:<br>_____ |
| Concepts to Master |                            |                            |                            |                            |                            |                            |                            |
| Self-testing Tools |                            |                            |                            |                            |                            |                            |                            |