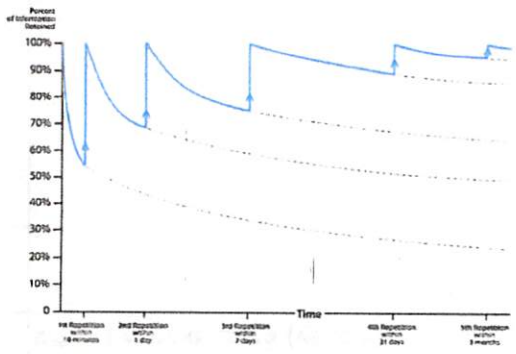




Seven Day Study Plan



General Study Tips	Curve of Forgetting	Processing Notes Options
<ul style="list-style-type: none"> • Don't spend more than 2 hours per night on one subject • Get sleep before the exam • Do your reading for the class when it is assigned • Review constantly during the term to take the weight off of a heavy exam period (summarize or key points from Cornell notes) 	 <p>The graph shows a solid blue line representing the percentage of information retained over time. It starts at 100% at 15 minutes, drops to ~55% at 1 hour, then recovers to ~90% after 1 day of review. It then drops to ~75% at 2 days, recovers to ~95% after 2 days of review, and continues to drop and recover through 5 days and 8 months. Dotted lines show the decay without review.</p>	<ul style="list-style-type: none"> -Rewrite/Type your notes in outline format -Combine class and reading notes into one doc -Take outline notes and create concept maps -Turn outlined notes into cornell notes -Create notecards/quizlet for vocabulary -Write out questions -Create study guide from notes

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Organize! Make sure you have all your notes (class and textbook) in one place. -What topics are covered? -Chronological order. -Outline all material you need to study -Mark weak/strong areas under topics	PROCESSING Day 1 General review over the concepts. Divide up what you will study on day 1 vs. day 2 Half the material? Concepts that make sense together?	PROCESSING Day 2 General review over the concepts. Divide up what you will study on day 1 vs. day 2 Half the material? Concepts that make sense together?	WHAT DO I KNOW? Do a study guide, practice test, or get quizzed over your notes. -Green: I know without my notes -Yellow: I know but need a vocab word to get started -Red: I don't know at all	STUDY GROUP/ TUTORING/ OFFICE HOURS/ SUPPLEMENTAL INFO Review yellow items Get help on the red items	STUDY GROUP/ TUTORING/ OFFICE HOURS/ SUPPLEMENTAL INFO Review yellow items Get help on the red items	GENERAL REVIEW Put it all together Review the areas you know you are weakest Look for material not covered in the lecture or texts

Review Ideas: Green	Review Ideas: Yellow	Review Ideas: Red
<ul style="list-style-type: none"> - Flashcards - Study guide - Quiz yourself 	<ul style="list-style-type: none"> -Flashcards with a friend -Turn notes into sample test questions -Create a chart or diagram for the idea 	<ul style="list-style-type: none"> -Go back to the book to fill in details from notes -Tutoring @ Holtz Hall, Cardwell, SAS, etc. -Office Hours (pre-plan this, send an email in advance) -Google the topic with "pdf" for other examples -Youtube -KhanAcademy -Find a friend who takes the class to help fill in gaps

Date: /	Date: /	Date: /	Date: /	Date: /	Date: /
ORGANIZE	PROCESS	PROCESS	ASSESS	TARGETED REVIEW	TARGETED REVIEW
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Time:	Time:	Time:	Time:	Time:	Time:

What I know (green)	What I almost know (yellow)	What I don't know (red)

