



Eight Day Study Roadmap

Use this tool to plan out your studying leading up to exams, midterms, or finals. Ensure that you're learning course concepts well by taking at least 15 minutes to study each day.

[Find out more about the study cycle and active study strategies here.](#)

<p>Day 1 – Planning</p> <ul style="list-style-type: none"> Consult syllabus, notes, GLOW, textbook, and other course materials to list out everything that will be on the exam. Mark which concepts you would want to get additional help with. Chunk out content into four groups: A, B, C, & D. Try to group related material together. Plan out each studying session for the week along with where you will study and with whom. Plan on attending at least one of your professor's office hours, a TA session, or a meeting with a tutor to ask questions about difficult concepts. Start gathering practice problems for studying! Make sure you do them without looking at solutions first. As you complete problems, explain out every step in the process and every bit of knowledge needed. Imagine how the problem might look different. 	<p>Day 2 – First Chunk</p> <ul style="list-style-type: none"> Focus on chunk A Consider using an intense study session schedule: <ul style="list-style-type: none"> 1 - 2 min: Set goals for the session 30 - 50 min: Actively study with focus 10 - 15 min: Reward yourself with a break 5 min: Review what you just studied Utilize active learning strategies to better learn the material. Make up exam questions, create concept maps to understand how concepts relate, teach concepts to a friend or family member, and continue to think of new ways to summarize information in your own words. Take note of any concepts, processes, formulas, or facts you have difficulty remembering or applying. Consider going to office hours, a TA, or a tutoring session to hear someone else explain them.
<p>Day 3</p> <ul style="list-style-type: none"> Use the same techniques to study chunk B. 	<p>Day 4</p> <ul style="list-style-type: none"> Use the same techniques to study chunk C.
<p>Day 5</p> <ul style="list-style-type: none"> Use the same techniques to study chunk D. 	<p>Day 6</p> <ul style="list-style-type: none"> Combine and review chunks A & B. Focus on how the concepts in these chunks relate.
<p>Day 7</p> <ul style="list-style-type: none"> Combine and review chunks C & D. 	<p>Day 8</p> <ul style="list-style-type: none"> Review concepts from all four chunks, but do not try to cram everything. Pick out a few concepts to give a last look at, but only if they do not make you overly anxious. Get a restful night's sleep. Eat a dinner with vegetables like broccoli, spinach, and kale.
<p>Exam Day and Strategies for Test-Taking Anxiety</p> <ul style="list-style-type: none"> Arrive early to the exam location if possible and practice breathing deeply. Take a few deep breaths every few minutes while taking the exam as well. As soon as you receive the test, write down any facts or formulas you're worried about forgetting. Look through the exam for questions with the highest points. Read the questions thoroughly and keep track of time to stay on track. Develop positive self-talk as you are studying. Negatively talking to yourself can spike test-taking anxiety during the exam. Before the exam tell yourself that you have prepared well and will do the best you can. If you run into a problem you don't feel confident in, complete one you feel comfortable with and then return to the difficult one. 	

Adapted from Keys to Success: Building analytical, creative, and practical skills. Carter, Bishop, Kravits, & Maurin. (2013)