

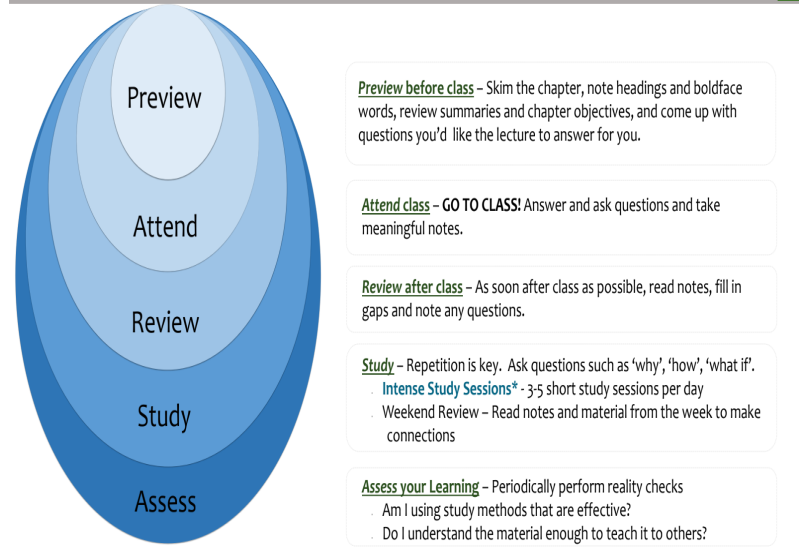
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
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HABIT TRACKER	M	T	W	R	F	S	S	REFLECTIONS ON HOW THIS WEEK WENT
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How to create a study plan:

Note: Use a 5-days plan as an illustrative example

- Count back from exam day 5 days
 - If one or more of those days is very busy, add another day to give you 5 days.
 - Never leave out the day right before the exam.
- Make a list of all topics and subtopics you need to study.
- Determine how much time (hours) you want to spend studying each of the topics basing on how comfortable you feel with that material.
 - This is a good time to take a first rehearsal exam to identify your strengths and weaknesses.
- Determine how many available study hours you have. If you need more time, try to postpone secondary activities.
- Identify the strategies you consider most useful to study the material on your list, and determine how much time you want to spend on each strategy.
 - Create summary sheets, concept maps, flash cards, predict essay questions, and plan their answers.
- Make sure to schedule some review time.
 - Plan your review sessions according to your instructor's office hours in case you need to make a last minute office visit or send an email with any question you may have.

The Study Cycle



- *Intense Study Sessions**
- Set a Goal** (1-2 min) **Decide what you want to accomplish in your study session**
 - Study with Focus** (30-50 min) **Interact with material-** organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc.
 - Reward Yourself** (10-15 min) **Take a break**– call a friend, play a short game, get a snack
 - Review** (5 min) **Go over what you just studied**

