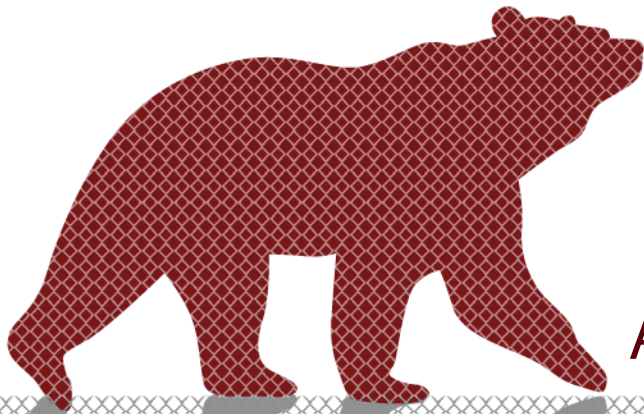


Preparing for Tests

(Hint: It does not involve freaking out)



Audra Williams
Absent Professor Program

Missouri State
U N I V E R S I T Y



The 5-Day Study Plan



- Most students learn more if they follow a long-term plan for review before an exam.
- Each day is devoted to specific activities.
- You may want to make time adjustments and do what works best for you.



Before the countdown

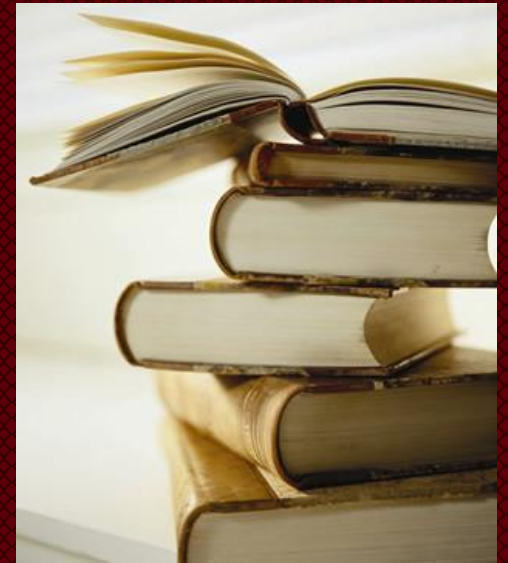


- Collect all materials needed to review.
- Schedule at least three 20-30 minute review sessions for each day.
- Plan the content of each review session.
- Make a calendar with specific times, activities and subject matter.



Day 5- Reading Assignments

- Set a timer for 20-30 minutes. Schedule a 5-10 minute break between each session.
- Reading must be completed on this day.





Day 4- Textbook material

- Set timer for 20-30 minutes, with 5-10 minute breaks.
- Review all textbook reading material.
- Review questions at the end of the chapters.
- Review each instructor-made study guide.



Day 3- Vocabulary

- Set your timer and schedule breaks.
- Study your vocabulary words systematically, using either self-made cards or a glossary. Try to recall the definition while looking at the word, then reverse.
- Do not keep studying in the same order.
- Be sure you can:
 - give the definition,
 - recall the term from the definition,
 - spell the word correctly,
 - give an example.



Day 1- Problem Areas

- Set your timer and schedule breaks.
- Review and concentrate on “trouble” spots of the past four days-
 - notes,
 - textbook,
 - study guides,
 - handouts,
 - vocabulary.
- Plan to complete these activities early so the evening before the exam is free for relaxation.



RELAX!

- At this point, you should feel confident that you are prepared for the exam.





Questions?



Images

- pickettsmill.typepad.com
- stress-management-for-peak-performance.com
- artsjournal.com
- lifehack.org



- All information for the 5 Day Study plan is taken from Michael Frizell, Absent Professor Program Director



THANK YOU!

Missouri State
UNIVERSITY



1st Floor, Meyer Library
<http://bearclaw.missouristate.edu>
(417) 836-5006
[BearCLAW@MissouriState.edu](mailto: BearCLAW@MissouriState.edu)

Michael Frizell

Director of Student Learning Services

Meyer Library 112

MichaelFrizell@MissouriState.edu

(417) 836-5006

For questions about...

The Absent Professor Program & Prefects

<http://AbsentProf.MissouriState.edu>

Group-Led Educational Experience (GLEE)

Formerly:

The Supplemental Instruction Program (SI)

<http://SI.MissouriState.edu>

The Writing Center

<http://WritingCenter.MissouriState.edu>

WritingCenter@MissouriState.edu

Diana Garland

Director of the Learning Commons

Meyer Library 113

DianaGarland@MissouriState.edu

(417) 836-4229

For questions about...

Subject- Area Tutoring

Math Drop-In Tables

Focused Drop-In Tables

Study Skills Specialists