Academic Achievement Center - Success Tool
Seven Day Study Plan

Directions: Identify course content you know and don't know, ask questions, and gain clarification. Use the guide below to make a more specific study plan on the next page.

General Study Tips	Exam Basics	Material Being Covered
- Study no more than 2 hours per night - Get plenty of sleep - Do your readings - Review material throughout the term to reduce study hours needed during heavy exam time	- Time of Exam: 1:00pm - Length of Exam: 1 hour Format (circle one) - Multiple choice - Essay - Other	Material being covered on the test: chapters 1-5, lectures and homework

ORGANIZE	PROCESS	PROCESS	ASSESS	TARGETED REVIEW	TARGETED REVIEW	GENERAL OVERVIEW
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Gather your notes from class and textbook. Consider all resources to help you study. –Identify main topics –Organize ideas –Mark weak/strong areas under topics	Review some of the general concepts.	Review some of the general concepts.	Do a study guide or practice test from your notes. Code topics by color: –Green: I know without notes –Yellow: I know but struggle occasionally –Red: I don't know at all	Review yellow items Get help on the red items	Review yellow items Get help on the red items	Review the red areas Look for material not covered in the lecture or texts Connect concepts and ideas

Review Ideas: Green	Review Ideas: Yellow	Review Ideas: Red
Identify concepts that you know without your notes and note them as GREEN. You can review these concepts through: - Flashcards - Study guide - Quiz yourself	Identify concepts that you know, but struggle with occasionally. Mark them as YELLOW, and review them through: - Flashcards with a friend - Turning notes into sample test questions - Creating a chart or diagram of the idea	Identify concepts you don't know at all, and mark them as RED. Learn these concepts using these methods: - Use the book to fill in details - Tutoring - Office Hours - YouTube/Google - Work with a friend from the class

Date: 10/10/23	Date: 11/10/23	Date: 12/10/23	Date: 13/10/23	Date: 14/10/23	Date: 15/10/23	Date: 16/10/23
ORGANIZE	PROCESS	PROCESS	ASSESS	TARGETED REVIEW	TARGETED REVIEW	GENERAL OVERVIEW
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Chapter 1-5 *6 lectures total Study Materials: Notes Textbook Lecture Videos Class Study Guide	Review lectures 1-3	Review lectures 4-5	Mark examples I don't understand review and make a Quizlet Make study guide	Attend review session with professor and TAs Ask questions in "red" section	Zoom with TA (email them questions ahead of time!)	Review Green items (20-30 minutes) Review Yellow items (30 minutes) Review Red items (1-2 hours) remember to take breaks!
Time: 20-30 minutes	Time: 1 hour	Time: 1 hour	Time: 1 hour	Time: 1 hour	Time: 30 minutes	Time: 2-3 hours

What I know (green)	What I almost know (yellow)	What I don't know (red)
Trait theories Stress Response System Coping with Stress strategies	Conformity and Obedience (differences) Theories of Prejudice Helping (Support/Diminish) - Need better strategies for recall specific examples.	Fundamental Attribution Error and Cognitive Dissonance Theory -What are real life application examples? - How is Attribution Theory different from bias?