

# FIVE DAY TEST PREPARATION

## 5 DAYS BEFORE EXAM

Organize any material that needs to be studied such as texts, notes, lectures, and handouts. Isolate the most difficult material and section off the easier material in fair amounts. Choose the right study tools such as, flashcards, outlines, flow charts, compare/contrasts charts, summaries, mnemonic devices, etc. Write out your 5 day plan. Use the template on the next page or create your own.

## 4 DAYS BEFORE EXAM

Begin with your most difficult material. Study intensively by re-reading, and combining lecture notes, handouts, and texts with your notes. Test yourself and put the material in your own words. Be able to explain any concepts, terms, and ask and answer questions. If you still run into confusion, meet with a friend, tutor, or professor that can help you find clarity of the material.

## 3 DAYS BEFORE EXAM

Begin to study the easier material. Repeat concepts, terms, and definitions. Answer questions back to yourself for complete understanding and clarity. Resist the temptation to tell yourself, "I'll skip today... I still have tomorrow." You'll thank yourself later for not skipping a day.

## 2 DAYS BEFORE EXAM

Study all material, difficult and easier, from beginning to end. This day should consist of the most time and effort of studying. Create possible test questions for yourself to work through and answer as if the test were tomorrow.

For essay exams: Create a set of 10 possible questions. Outline a brief answer including key terms and other information needed to explain. Reduce the outlined answer in order to trigger key words for your memory. The content should be categorized and organized.

## 1 DAYS BEFORE EXAM

Review the material briefly and focus on maintaining your body to function properly. Getting a good night sleep can help recall all the material that you have studied the past few days.

Make sure to eat and use relaxation methods in order to prevent symptoms of test anxiety.

Check out these topics also available in this series.

[Effective Test Taking Strategies](#)

[Math Test Preparation Tips and Strategies](#)

[Self Help Study Strategies and Tips](#)

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COURSE & EXAM	TARGET GRADE	5 DAYS BEFORE	4 DAYS BEFORE	3 DAYS BEFORE	2 DAYS BEFORE	1 DAY BEFORE

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