

5-Day Final Exam Plan

- Figure out present situation in each class and evaluate the term
- Rank courses in order of importance
- Distribute hours designated for studying by priority (there are 168 hours in a week!)
- Adjust goal grades/estimated grades with reality
- Use the most effective and active learning strategies (writing, reciting, visual aids, etc.)

*For more information contact the Student Academic Success Center at the
University of New England 207-602-2443*

5-Day Study Plan

- Day One– prepare 1st chunk of information/material(e.g., 4 chapters = 4 “chunks” of information)
- Day Two– prepare 2nd chunk and review 1st
- Day Three– prepare 3rd chunk and review 2nd and then review 1st
- Day Four– prepare 4th, review 3rd, 2nd, 1st
- Day Five– Review 4th, 3rd, 2nd, 1st, then Self-Test

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Examples of “Preparing” and “Reviewing” strategies

Prepare

- Develop study guides
- Develop concept maps
- Make flashcards
- Make self-tests
- Annotate textbook readings/lectures
- Make outlines
- Summarize notes (in your OWN words)
- Find critical thinking questions at end of chapters
- Does your textbook offer an online companion support site?

Review

- Recite study guides
- Replicate concept maps
- Practice flashcards
- Take self-tests
- Recite notes from recall cues
- Recite main points from outlines
- Teach material to others
- Answer/reflect upon critical thinking questions
- Textbook companion websites often offer practice quizzes/tests, simulations, animations, chapter objectives with answers, flashcards, etc.)

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