5 Day Study Plan

<table>
<thead>
<tr>
<th>Date</th>
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<th>TEST DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
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<td></td>
<td>Days Before Test</td>
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</tbody>
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**Information to Review**
- Predict & write test questions
- Practice answering questions
- Get sleep
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- Practice answering questions
- Get sleep
- Put necessary materials in backpack
- Get sleep!
- FINAL REVIEW ONLY

**Materials Needed**
- Eat breakfast
- Drink water
- Don’t overdo caffeine
- Use relaxation and breathing to control test anxiety
- Arrive at testing room early with all materials
- Scan the entire test
- Read and follow all test directions
- Keep track of your time
- Answer easiest, shortest questions first
- Tell yourself, “I can do this.”
- Ignore people who finish before you
- Reward yourself!

**Goal Time/Amount**

**Actual Time/Amount**

**Total**