5 Day Study Plan

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Date** | / / | / / | / / | / / | / / | / / |
| **Day** |  |  |  |  |  |  |
|  | **5****Days Before Test** | **4****Days Before Test** | **3****Days Before Test** | **2****Days Before Test** | **1****Day Before Test** | **TEST DAY** |
|  |  |  |  |  |  | * 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!
 |
| **Information to Review** | * Predict & write test questions
* Practice answering questions
* Get sleep
 | * Predict & write test questions
* Practice answering questions
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* Get sleep
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* Practice answering questions
* Get sleep
 | ***FINAL* REVIEW ONLY*** Put necessary materials in backpack
* Get sleep!!
 |
|  |  |  |  |  |  |
| **Materials Needed** |  |  |  |  |  |
|  |  |  |  |  |  |
| **Goal Time/****Amount** |  |  |  |  | **Total** |
| **Actual Time/****Amount** |  |  |  |  | **Total** |

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| 5-Day Study Plan |
| Day **5**before the test | Day **4**before the test | Day **3** before the test | Day **2** before the test | For **final review, day before the test** |
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