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 * Get sleep | * Predict & write test questions * Practice answering questions * Get sleep | * Predict & write test questions * 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** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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** |
|  |  |  |  |  |