

**JANUARY / JUNE** Add in Dates to this blank template

Mon	Tues	Wed	Thurs	Fri	Sat	Sun

<p><b>Before the exam:</b> Study Schedule:</p> <ol style="list-style-type: none"> <li>a. Start with your last exam and work backward.</li> <li>b. Plan for about 14 to 16 hours of studying per high school exam (24 hours per university exam).</li> <li>c. Maximum of 8 hours per day (weekend) of studying, 4 hours per night (after school).</li> </ol> <p>For every hour of studying:</p> <ol style="list-style-type: none"> <li>a. First 5 min: Review material from previous hour.</li> <li>b. Next 40 min: Cover new material.</li> <li>c. Next 5 min: Review the new material you just covered.</li> <li>d. Final 10 min: Take a break.</li> </ol> <p>Study Efficiently</p> <ol style="list-style-type: none"> <li>a. Study from the top down - most general material to details and applications.</li> <li>b. Study by doing.</li> <li>c. Give yourself rewards.</li> </ol> <p>Maintain Balance in Your Life</p> <ol style="list-style-type: none"> <li>a. Take breaks.</li> <li>b. Maintain a regular schedule.</li> <li>c. Get 7-8 hours of sleep every night.</li> </ol> <p>Organize Your Study Time</p> <ol style="list-style-type: none"> <li>a. During the first study session, scan all material and break it into sections.</li> <li>b. For each hour, use the recommended breakdown format.</li> <li>c. Night before the exam, do a final review; study what you know best before going to bed.</li> </ol> <p>Multiple choice strategy: Spend your time on the question, not the options.</p> <ul style="list-style-type: none"> <li>• Cover up the options.</li> <li>• Understand and rewrite the question if needed.</li> <li>• Decide on your answer to the question.</li> <li>• Go looking for the option that matches your answer.</li> </ul>	<p>Study strategies:</p> <ul style="list-style-type: none"> <li>• Solve problems. Do questions from homework, assignments, or tests over again.</li> <li>• Make flashcards to review definitions, concepts, or theories.</li> <li>• Summary of a Summary. Summarize your course notes, then make a summary of that summary. Continue this process until you only have one side of one page.</li> <li>• Seek help. By making a study schedule, you can access teachers for questions BEFORE your exams.</li> </ul> <p><b>When you arrive at the exam:</b></p> <ol style="list-style-type: none"> <li>1. Bring:             <ol style="list-style-type: none"> <li>a. Extra pens, pencils,</li> <li>b. Working calculator,</li> <li>c. Candies, gum.</li> </ol> </li> <li>2. Go to the washroom before the exam.</li> <li>3. Dress in layers.</li> <li>4. Arrive on time, not too early to hear others scare themselves.</li> </ol> <p><b>During the exam:</b></p> <ol style="list-style-type: none"> <li>1. Before you start writing:             <ol style="list-style-type: none"> <li>a. Skim/overview the exam                 <ol style="list-style-type: none"> <li>i. make sure you have all the pages.</li> <li>ii. briefly read questions (except multiple choice).</li> <li>iii. make quick notes of important things.</li> <li>iv. notice how marks are assigned.</li> </ol> </li> </ol> </li> <li>2. When you start writing, read questions carefully, circle key words and number steps.</li> <li>3. Leave an easy question to come back to if you get stuck.</li> <li>4. Make your exam easy to mark.             <ol style="list-style-type: none"> <li>a. Leave white space, write neatly.</li> </ol> </li> <li>5. Plan for Anxiety             <ol style="list-style-type: none"> <li>a. Anticipate getting stuck, and decide ahead of time what you will do</li> </ol> </li> </ol>
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

