



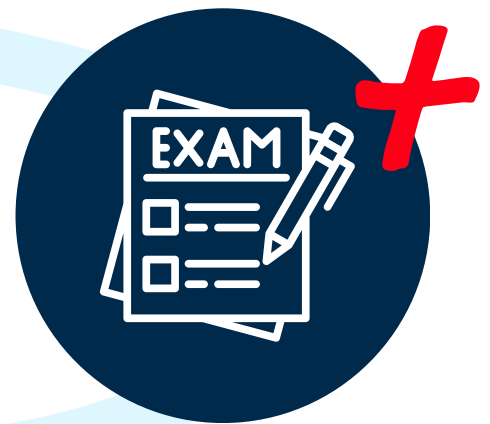
How to Build a Study Schedule

Building a final exam study schedule is an effective way to help you manage your time and reduce stress during this busy time of year

Check out our tips below!

Step 1: Resource Round-Up

- Write down your exam dates, times, locations in a calendar or planner.
- Determine which material each exam will cover.
- Evaluate how confident you feel in each subject. Dedicate more time to subjects you feel less prepared for.
- Analyze your current schedule to find available time slots to study.



Step 2: Structure Your Study Plan

- Break down the material for each subject into smaller sections and prioritize by importance or deadline.
- Use a planner to block dedicated time slots for studying.
- Schedule sessions for focused blocks of time (ex. 25 minutes of studying followed by a 5 minute break).
- Alternative between different subjects to avoid burnout.

Step 3: Study Success and Self-Care

- Use active study techniques like self-testing, writing/reciting materials, creating flash cards, or solving practice problems.
- Keep your study area and materials organized to avoid distractions.
- Schedule time for healthy meals, exercise, and sleep.
- Reach out for help from instructors when needed and attend review sessions or join study groups.
- Stay flexible and adjust your schedule as needed.



My Exam Planner

Class:

Exam date:

Topic(s):

Topics or info I feel **CONFIDENT ON**

Topics or info I feel **UNSURE ABOUT**

Topics or info I **DO NOT UNDERSTAND**

To do list

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

7-day study plan

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

My Exam Schedule

Semester:

Exam subject	Date	Time	Location	Completed
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
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You + getting organized = *less stress!*