

# EXAMS PLANNER



**Student  
Well-Being**

MCDONALD CENTER

# 5 EXAM TIME TIPS

## FOR YOUR ACADEMIC AND OVERALL WELL-BEING



### REMEMBER TO EAT

Protein fuels the brain, so make sure you get in nutritious meals and snacks.



### PRIORITIZE

- What is most important? Is there a class for which the exam is worth a large percentage and/or you need to boost your grade?
- If you view tasks as being equal, work chronologically.



### PLAN AHEAD

Don't study just a day before! Make sure to begin reviewing material and seeking necessary help early.



### COLOR-CODE CALENDARS & SCHEDULES

This will keep you organized and help you quickly see your tasks for each class.

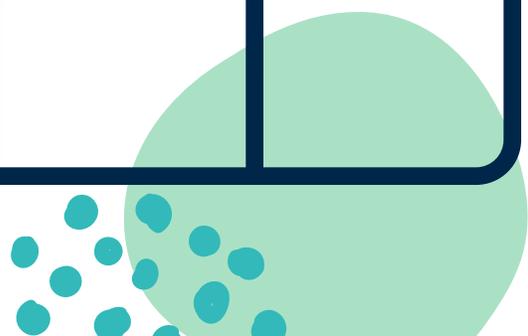


### CARVE OUT STUDY TIME

Figure out the blocks of time when you can study each day and commit to them.



<i>Saturday</i>					
<i>Friday</i>					
<i>Thursday</i>					
<i>Wednesday</i>					
<i>Tuesday</i>					
<i>Monday</i>					
<i>Sunday</i>					



# Example Weekly Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am							
7 am							
8 am							
9 am							
10 am		Gen Chem Jordan 101 9:25-10:15	Spanish Debart 123 9:30-10:45	Gen Chem Jordan 101 9:25-10:15	Spanish Debart 123 9:30-10:45	Gen Chem Jordan 101 9:25-10:15	
11 am		Calc Haggan 110 10:30-11:20		Calc Haggan 110 10:30-11:20		Calc Tutorial Haggan 110 10:30-11:20	
12 pm	Workout		Biology Jordan 105 11:00-12:30		Biology Jordan 105 11:00-12:30		
1 pm		Theo O'Shag 100 12:50-1:40		Theo O'Shag 100 12:50-1:40		Theo O'Shag 100 12:50-1:40	
2 pm					Calc Tutorial Hayes Healy 2:00-2:50	Gen Chem Tutorial O'Shag 130 2:00-2:50	
3 pm							
4 pm		Bio Lab Jordan 130 3:00-6:00		Chem Lab Jordan 430 3:00-5:45			
5 pm			Workout				
6 pm				Workout			
7 pm							
8 pm					Workout		
9 pm							
10 pm							
11 pm					Workout		
12 am							

# Week of \_\_\_\_\_ Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							
11 pm							
12 am							

# Example Study Schedule

## Dates:

Spanish essay due Thurs Oct 13 @ 9:30am

Chem Unit 2- Tues Oct 11 @ 8:00am

Bio- Tues Oct 11 @ 11:00am

Calc Unit 2- Wed Oct 12 @ 9:25am

### Friday 10/17

review notes  
 make Quizlet  
 review notes  
 book problems  
 make flashcards  
 read textbook if needed

### Saturday 10/18

redo tutorials  
 review notes  
 concept maps  
 make Quizlet  
 identity flashcards

### Sunday 10/19

research  
 do Quizlet  
 do flashcards  
 redo tutorials  
 Practice Test 1

### Monday 10/10

Practice Test 2  
 Practice Test 3  
 redo quizzes  
 master flashcards  
 finish up research  
 master Quizlet

### Tuesday 10/11

review right before  
 Practice test  
 book problems  
 read textbook in problem areas  
 outline

### Wednesday 10/12

review right before  
 write essay  
 edit essay

### Thursday 10/13

Edit essay, turn in

- review notes
- read textbook
- make Quizlet
- Master Quizlet
- Practice test 1
- Practice test 2
- Practice test 3
- redo tutorials
- book problems

- review notes
- redo tutorials
- book problems
- practice test
- identity flashcards
- research
- outline
- write essay
- edit essay

## To Do::

- review notes
- redo quizzes
- make flashcards
- master flashcards
- make concept maps
- reread texts

# Study Schedule

Dates:

.....  
.....

Monday

Tuesday

Wednesday



.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....



Thursday

Friday

Saturday

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

Sunday

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

To Do::

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

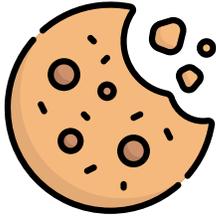


eee



# LATE NIGHT FOOD

**SDH**



open until 9pm M-TR  
open until 8pm F-Sun

**NDH**



until 9pm M-TR, Sat  
open until 8pm F, Sun

**Taco Bell**



8pm-2am TR-Sun  
4pm-9pm T, W

**The  
Huddle**



open until 2am daily

**Duncan**



open until 8pm M-F

**Rohr's**



open until 10pm daily



**Developed by  
Annie Gordon  
2022-2023  
McWell Senior Fellow**