SSOC Study Plans

Name/CWID: ________________________________

Today’s date: ______________

Use at least two preparation/review strategies from the list below to complete your study plan. Do not exceed two hours/day of studying. Instead, try to spread your studying out within five days before your due date.

My goal/assignment/test: _____________________________________________________________

Due date: _________________________________________________________________________

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<thead>
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<th>Monday:</th>
<th>Tuesday:</th>
<th>Wednesday:</th>
<th>Thursday:</th>
<th>Friday:</th>
<th>Saturday:</th>
<th>Sunday:</th>
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Preparation/Review Strategy:

- Develop study sheets
- Make flash cards
- Make formula cards
- Make self-tests
- Complete study guides
- Mark text material
- Outline key concepts
- List the steps in the process
- Plan/Write out essay answers
- Answer questions at the end of the chapter
- Create concept maps

Other steps I will take to accomplish my goal:

- Talk to my instructor:
- Study with a group or friend from class:
- Exercise for ____ days for 20 min each:

Review Strategy:

- Recite study sheets out loud
- Recite flash cards out loud
- Practice writing formulas
- Take self-tests
- Practice study guide info out loud
- Take notes on re-marked text material
- Recite main points from
- Recite steps from memory
- Write essay answers
- Recite answers from memory
- Replicate concept maps

- Eat healthy foods/drink water:
- Sleep for at least 5 hours each night:
- Other: __________________________________________________

Tutor’s initials: __________

(white copy to student, yellow copy for SSOC use)