

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: _____

	Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Preparation/Review Strategy:							
Time:							

Preparation 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

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

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:

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)