

Center for Academic Achievement

2 Week Test Prep The Anti-Cramming Schedule Week One

14
Days
Away

Make sure you have all course materials.

Organize! Find all loose notes, assignments, etc.



13
Days
Away

Ensure **notes** are accessible in a notebook or PowerPoints.

Determine what info you don't know and will need to cover.



12
Days
Away

Read notes and write down any questions you have.

Visit Professor Office Hours to ask unanswered questions.



11
Days
Away

Begin studying lecture and text notes for 40 minutes a day.

Step up attendance at CAA programs (**SI and Tutoring**).



10
Days
Away

Complete **textbook reviews** to identify unfamiliar concepts.

Review with a classmate to ensure your notes are complete.



9
Days
Away

Review information from **previous quizzes and exams**.

Plan time for **breaks** in addition to study time.



8
Days
Away

Begin making **connections** between information.

Create Study Charts, Mind Maps, or Concept Maps.



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Week Two

7
Days
Away

Create a **study schedule** you can and will stick to.

Form a **study group** with fellow students to stay motivated.



6
Days
Away

Begin studying for at least two hours per day.

Utilize flash cards, review sheets, and practice test.



5
Days
Away

Review results of **practice test** in tutoring or study group.

Reward positive behavior! It will help you stay on track.



4
Days
Away

Make a **list of key concepts** and identify examples.

Try to **recall** information rather than just reading it.



3
Days
Away

Review any notes you feel need additional attention.

Meet with Instructor to discuss any challenging concepts.



2
Days
Away

Discuss topics on review sheets with your study group.

Review questions you previously had on a topic.



1
Day
Away

Ask a friend to quiz you. Identify areas you need to review..

Set a bedtime, it is important to **sleep** well the night before.



**TEST
DAY!**

Eat a **healthy breakfast** and ensure you are not distracted.

Relax and be confident! **You are prepared!**

