7-Day Exam Study Plan

From the StudySim guide "How to Study for Exams: A 7-Day Plan That Works" (studysim.ai/blog/how-to-study-for-exams). One plan per exam. Fill it in on day 7 (seven days before the exam). Steps: scope the exam, chunk the material, prepare study material, test yourself, space your review, take a full practice test, fix mistakes and sleep.

1. Exam scope

Course and exam	
Date, time and room	
Chapters, units or lectures covered	
Question types (multiple choice, short answer, essay, problems)	
Length (minutes) and number of questions	
Weight (% of course grade)	
Practice or past exams available? Review sheet?	

2. Chunk planner

Split the material into 4 or 5 chunks you can each prepare in one session. Put the hardest chunk first. Ready = summary + flashcards + 5-10 practice questions done.

Chunk	Chapters / topics	Difficulty (1-3)	Ready? (Y/N)
A			
B			
C			
D			
E (optional)			

3. 20 topics that could be on the exam

For each, note why you think it might be tested (review sheet, lecture emphasis, homework, past exam).

#	Topic	Why it might be tested	#	Topic	Why it might be tested
1			11		
2			12		
3			13		
4			14		
5			15		
6			16		
7			17		
8			18		

#	Topic	Why it might be tested	#	Topic	Why it might be tested
9			19		
10			20		

4. 7-day calendar (about 2 hours a day)

Each day: review earlier chunks first (short, from memory), then prepare the next chunk. Reviews get shorter as the week goes on.

Day	Plan	Review	Prepare	Done
Day 7	Scope the exam, gather materials, split into chunks A to D, list 20 likely topics	-	-	☐
Day 6	Prepare chunk A: summary, flashcards, practice questions	-	A	☐
Day 5	Review chunk A, then prepare chunk B	A	B	☐
Day 4	Review chunks A and B, then prepare chunk C	A, B	C	☐
Day 3	Review chunks A, B and C, then prepare chunk D	A, B, C	D	☐
Day 2	Take a full timed practice test on chunks A to D, no notes	All	-	☐
Day 1	Redo missed questions, go through flashcards, sleep on time	Misses	-	☐
Exam day	Shuffle through your flashcards once or twice, then go to the exam	Cards	-	☐

5. Practice test log

For every question you miss or guess, mark the cause: K = lack of knowledge, U = misunderstanding, R = misread the question, M = lapse of memory. Redo it from memory on the next review day.

Day	Chunk	Question or topic missed	Cause (K/U/R/M)	Redone? (Y/N)

6. Night-before checklist

- ☐ Redid every missed question from the practice test log
- ☐ Went through all flashcards once
- ☐ Packed what the exam needs (ID, pencils, calculator if allowed)
- ☐ Checked the exam time and room
- ☐ In bed on time (CDC: 8-10 hours for teens 13-17, 7 or more for adults 18-60)

Sources: Cornell University Learning Strategies Center, Five-Day Study Plan; Colorado State University TILT, Exam Study Strategies; UNC Learning Center, Studying 101; The Princeton Review, How to Study for a Test; CDC, About Sleep. StudySim, studysim.ai.