Topic list

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Every topic for the exam, with its reviews scheduled the moment you plan it.

Exam: _____ **Exam date:** _____ **Days left:** _____ **Hours available:** _____

#	Topic	Hours (estimate)	Learn on	Review after 1 day	Review after 1 week	Final review	Done
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							

Plan backwards from the exam date. Multiply your hour estimates by 1.5, because almost everyone underestimates them.

4-week exam plan

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Spread the topics over the weeks before the exam. Keep one day a week free as a buffer.

Exam: _____ **Exam date:** _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1 Goal:							
Week 2 Goal:							
Week 3 Goal:							
Week 4 Goal:							

Mark each block: N = new topic · R = review · B = buffer. The last week is for reviews and practice questions, not new topics.

Weekly plan

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One block per topic and method. Reviews go in the bottom row.

Week of: _____ **Goal this week:** _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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							
Reviews							

Write the topic and the method into each block, for example “Ch. 3, flashcards”, not just “study”.