

A Four Week Study Plan for Fall 2009

WEEK 1: (11/15-11/21):

- Make a **Calendar** for the rest of the semester (blank calendars available at the CSL—first floor of the library—or online at http://www.cofc.edu/studentlearningcenter/studyskills/library/calendar/monthly_calendar.pdf) that includes:
 - All Tests, Papers, Projects
 - Final Exam days and times (**Final Exam schedule** available at <http://registrar.cofc.edu/ExamScheduleFall2009.pdf>
 - All Personal Time Commitments
- Use the **Class Assessment** handout (available at the CSL) to assess **where you are** in each class, **where you would like to be**, and **what opportunities you have to get there!**
- What steps can you take to work toward your **goal grades? Add One Task to your Calendar Each Day**, including weekend days
- Keep up with Current Work in classes
- Which Final Exams are **Cumulative** (cover whole semester)? Split Material into **4 equal sections**. **Schedule Time on your Calendar to Review Section #1 of Material**
- Remember that **Regular Sleep and Regular Meals** are Keys to Being Prepared for Exam Week!
- Academic support services--such as **tutoring and study skills assistance, help from professors, group or partner study**—are great ways to help you catch up and keep up!

WEEK 2: (11/22-11/28) THANKSGIVING WEEK:

- Check your Calendar: Do you have **due dates immediately following Break**? Can you accomplish all or part of your work for these dues **BEFORE** you leave for Break? Make a task list to get them done. Then make a short task list of things you need to do during Break. **IMPORTANT:** Don't overbook yourself with schoolwork during Break! 1) You need rest and relaxation before Final Exams, 2) You probably won't get it all done, and end up feeling guilty! Make a **short, specific To Do List**, make sure you **take home all needed materials**, and try to **get tasks done earlier**, rather than later, during the Break.
- Check your **Class Assessment** handout. Do you need to **add new tasks** to your list?
- Schedule some time to do **Section #2 of Exam Review Material**
- **Enjoy your Holiday with family and friends!** Get some rest, eat good food, and get yourself mentally prepared for the last 2 weeks of the semester!

WEEK 3: (11/29-12/5):

- **Cougar Countdown** starts Monday 11/30!! Check it out! <http://www.facebook.com/pages/Cougar-Countdown/166710739795>
- Do you need to **meet with professors** to discuss the Exam, have questions answered, or determine your standing in class? This is the time to do it, before the last days of classes when everyone *else* wants to see the professor!
- Check your **Class Assessment** handout. What do you need to do during this **last full week** of classes?
- Are you feeling extra stress regarding Exams, the holidays, the end of the semester in general? Take advantage of one of the **many support services** on campus, including **Counseling** <http://spinner.cofc.edu/~counseling/need.html> , your **Academic Advisor**, the **Center for Student Learning** <http://spinner.cofc.edu/studentlearningcenter/?referrer=webcluster&> , or the Undergraduate Academic Services office <http://spinner.cofc.edu/~undrgrad/?referrer=webcluster&> There are professionals in all of these offices who can help you talk it through, and make smart, informed choices!
- It sounds crazy, but scope out your **study spot for Exam Week!** The best spots get taken early! Both Library AND the Stern Center <http://studentlife.cofc.edu> have study space available!
- Can you get **partial credit** for assignments/extra credit turned in late? It doesn't hurt to ask!
- Schedule time to complete **Sections #3 and #4** of Exam Review Material

WEEK 4: (12/6-12/16) EXAM WEEK

- **Cougar Countdown** has great resources for Mind, Body, and Spirit! Check it out! <http://www.facebook.com/pages/Cougar-Countdown/166710739795>
- **Walk-In Tutoring Labs** close at the end of the day on **MONDAY, DEC. 7!**
- **Keep regular eating, sleeping, and wake-up hours.** This is **NOT** the time to dramatically change your schedule!
- Swap marathon study sessions for a more realistic **Study—Break—Review—Study** schedule
- **Some type of exercise**—even just a walk around the library!—can really help you stay focused and alert. Go Christmas window shopping on King Street or in the Market!
- Use **all 4 Sections of Exam Review Material** to do a 'mixed up' review. (Ex. Mix up your flashcards, choose problems from different chapters, etc.)

AND REMEMBER: AN EXAM IS JUST A TEST. IT IS *NOT* AN INDICATOR OF YOUR WORTH OR VALUE AS A PERSON. BE PREPARED, DO YOUR BEST, BUT KEEP IT IN PERSPECTIVE, BECAUSE, AS BOTH KING SOLOMON AND ABRAHAM LINCOLN ONCE SAID "**THIS TOO SHALL PASS!**"