Preparing to Study

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| I am preparing to study for: | | |
| Exam Date: | Class: | Professor: |

STEPS

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| Priority | Small Step | Date to work on | Time needed | How hard to do I think this might be? | Done? |
|  | *Review the description of the exam and ask questions for clarity. Take notes.* |  |  | *Easy Hard* |  |
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|  | *Review your list and decide if any areas need more attention.* |  |  | *Easy Hard* |  |
|  | *Get a good night’s sleep.* |  |  |  |  |

Did I add time to my calendar to work on each small step?

How will I reward myself after completed steps? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How will I reward myself after I have done my best to prepare for the exam? (Reward yourself for study behaviors and persevering through the exam, not for grades) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Notes/Things to Remember for Next Time:

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