

# STUDY PLAN

<b>DATE:</b>	<b>ANTICIPATED DATE OF EXAMINATION:</b>
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<b>INFORMATION ABOUT THE ASWB EXAMINATION</b> (Note any information about the ASWB Examination that is important, any questions about the ASWB Examination, or note things to do)	

<b>TYPE OF LEARNER</b> (Identify what learning style fits you best as a learner and what study strategies you may use)	
Type of Learning Styles	Study Strategies
Visual	
Auditory	
Kinesthetic	

<b>STRATEGIES FOR STUDY SUCCESS</b> (Identify strategies for studying success)	

<b>TEST ANXIETY</b> (Identify anxiety regarding preparing and taking tests and identify strategies to manage anxiety)	
<b>Identify Anxiety</b>	<b>Strategy for Anxiety</b>

<b>TIPS TO ANSWER QUESTIONS CORRECTLY</b> (Identify helpful tips for answering questions correctly)		

<b>CONTENT</b> (Examine content areas on the examination and complete self-assessment to identify areas to concentrate on)	

<b>RELAXATION/REWARDS</b> (Identify ways to relax and reward efforts)	

**Other helpful information, resources, and supports to be successful in preparing, studying and taking the examination:**