

HESI

Comprehensive 1 Month Study Plan

Week 1 Diagnostics/Review

Part 1: Diagnostics

Take the free diagnostics for all subjects:

- Math
- Grammar
- Vocabulary
- Biology
- Reading
- Anatomy & Physiology (A&P)

Review your results:

For topics where you scored well, simply review the quizzes and only make flashcards for concepts that you get wrong on each quiz.

For topics where you scored low, focus your attention on these quizzes and make flashcards for all of the important content to review throughout the month leading up to your exam.

You may also want to edit your study plan based on your diagnostic results. If you score 80% or above on a topic or section and you have limited time, you can cross that out from your study plan and review it at the end if you have time.

You can also move topics where you scored lower on the diagnostic to come earlier in the study plan so that you have more time to review them!

Part 2: Reviewing Each Subject

In addition to the diagnostic tests, begin to review the following subjects during Week 1:

- Math**
 - Preliminary Skills
 - Whole Numbers
 - Decimals
- Grammar**
 - Identify Parts of Speech
- Vocabulary**
 - 4 quizzes
- Biology**
 - Basics, Water
 - Molecules, Metabolism
- Reading**
 - Identifying the Main Idea
 - Identifying Supporting Details
 - Find Meaning of Words in Context
- A&P**
 - General Anatomy and Physiology
 - Histology
 - Integumentary System
 - Skeletal System
 - Nervous System

Weeks 2 & 3 Reviewing Each Subject

Week 2

- Math**
 - Fractions
 - Converting Between Fractions and Decimals
 - Ratios and Proportions
 - Percentages
- Grammar**
 - Understand Sentence Structure
- Vocabulary**
 - 3 quizzes
- Biology**
 - Cellular Respiration
 - Photosynthesis
 - Cellular Reproduction
- Reading**
 - Analyzing the Author's Purpose and Point of View
- A&P**
 - Muscular System
 - Endocrine System
 - Circulatory System
 - Respiratory System

Week 3

- Math**
 - Conversions
 - Elementary Algebra
- Grammar**
 - Identifying Common Grammar Mistakes
- Vocabulary**
 - 3 quizzes
- Biology**
 - Genetic
 - DNA
 - RNA
 - Protein Synthesis
- Reading**
 - Distinguishing Between Fact & Opinion
 - Making Logical Inferences
- A&P**
 - Digestive System
 - Urinary System
 - Reproductive System
 - Lymphatic System

Week 4 Final Review

- Math**
 - Practice Tests
- Grammar**
 - Practice Tests
- Vocabulary**
 - Practice Tests
- Biology**
 - Practice Tests
- Reading**
 - Practice Tests
- A&P**
 - Practice Tests

➤➤➤ If **Chemistry** or **Physics** are part of your HESI Exam, add these subjects to your study plan:

Chemistry

- Week 1:** Scientific Notation, Atomic Structure, State of Matter
- Week 2:** Reaction Rates, Equilibrium Reaction, Solutions & Solution Concentration
- Week 3:** Chemical Reaction, Oxidation & Reduction, Acids & Bases
- Week 4:** Nuclear Chemistry, Practice Tests

Physics

- Week 1:** Nature of Motion, Acceleration, Projective Motion
- Week 2:** Newton's Laws of Motion, Friction, Rotation
- Week 3:** Uniform Circular Motion, Kinetic & Potential Energy, Universal Gravitation, Waves & Sounds
- Week 4:** The Nature of Electricity, Magnetism & Electricity, Practice Tests