

# Week 1

Diagnostics/Review

## Comprehensive 12 Week Study Plan

### 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:

- Grammar
  - Identify Parts of Speech Lessons 1-2
- A&P
  - General Anatomy and Physiology

### Weeks 2-11

Reviewing Each Subject

#### Week 2

- Math
  - Preliminary Skills
  - Whole Numbers
- Grammar
  - Identify Parts of Speech Lessons 3-4
- Vocabulary
  - 1 quiz
- Biology
  - Basics
- Reading
  - Identifying the Main Idea
- A&P
  - Histology
  - Skeletal System

#### Week 3

- Math
  - Decimals
- Grammar
  - Identify Parts of Speech Lessons 5-7
- Vocabulary
  - 1 quiz
- Biology
  - Water
- Reading
  - Identifying Supporting Details
- A&P
  - Integumentary System

#### Week 4

- Math
  - Fractions
- Grammar
  - Identify Parts of Speech Lessons 8-9
- Vocabulary
  - 1 quiz
- Biology
  - Cell
- Reading
  - Find Meaning of Words in Context
- A&P
  - Circulatory System

#### Week 5

- Math
  - Converting Between Fractions and Decimals
- Grammar
  - Understand Sentence Structure Lessons 1-3
- Vocabulary
  - 1 quiz
- Biology
  - Cellular Respiration
- Reading
  - Review Notes from Content thus far
- A&P
  - Muscular System
  - Nervous System

For ALL Content Areas, Review Notes from the Previous Weeks

#### Week 6

- Math
  - Ratios and Proportions
- Grammar
  - Understand Sentence Structure Lessons 4-6
- Vocabulary
  - 1 quiz
- Biology
  - Molecules
- Reading
  - Analyzing the Author's Purpose and Point of View Lesson 1
- A&P
  - Respiratory System

#### Week 7

- Math
  - Percentages
- Grammar
  - Study Notes Taken Throughout the HESI Grammar Review Series
- Vocabulary
  - 1 quiz
- Biology
  - Metabolism
- Reading
  - Analyzing the Author's Purpose and Point of View Lessons 2-3
- A&P
  - Endocrine System

#### Week 8

- Math
  - Conversions
- Grammar
  - Identifying Common Grammar Mistakes Lessons 1-4
- Vocabulary
  - 1 quiz
- Biology
  - Photosynthesis
- Reading
  - Analyzing the Author's Purpose and Point of View Lesson 4
- A&P
  - Digestive System

#### Week 9

- Math
  - Elementary Algebra
- Grammar
  - Identifying Common Grammar Mistakes Lessons 5-7
- Vocabulary
  - 1 quiz
- Biology
  - Cellular Reproduction
- Reading
  - Distinguishing Between Fact & Fiction
- A&P
  - Urinary System

#### Week 10

- Math
  - Fractions
  - Converting Between Fractions and Decimals
- Grammar
  - Identifying Common Grammar Mistakes Lessons 8-10
- Vocabulary
  - 1 quiz
- Biology
  - Genetic
  - DNA
- Reading
  - Making Logical Inferences
- A&P
  - Reproductive System

#### Week 11

- Math
  - Practice Tests
- Grammar
  - Practice Tests
- Vocabulary
  - 1 quiz
- Biology
  - RNA
  - Protein Synthesis
- Reading
  - Practice Tests
- A&P
  - Lymphatic System

### Week 12

Final Review

- Math
  - Study Notes Taken Throughout the HESI Math Review Series
- Grammar
  - Study Notes Taken Throughout the HESI Grammar Review Series
- Vocabulary
  - 1 quiz
- Biology
  - Practice Tests
- Reading
  - Study Notes Taken Throughout the HESI Reading Review Series
- A&P
  - Practice Tests

For ALL Content Areas, Review Notes from the Previous Weeks

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

#### Chemistry

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| Week 1: Diagnostic Test                    | Week 8: Solutions & Solution Concentration |
| Week 2: Scientific Notation                | Week 9: Chemical Reaction                  |
| Week 3: Reaction Rates                     | Week 10: Oxidation & Reduction             |
| Week 4: Atomic Structure                   | Week 11: Nuclear Chemistry, Acids & Bases  |
| Week 5: Equilibrium Reaction               | Week 12: Simulated Practice Tests          |
| Week 6: Review Notes from Content thus far |  |
| Week 7: State of Matter                    |  |

#### Physics

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| Week 1: Diagnostic Test                            | Week 7: Universal Gravitation                              |
| Week 2: Nature of Motion, Acceleration             | Week 8: Waves & Sounds                                     |
| Week 3: Projective Motion, Newton's Laws of Motion | Week 9: The Nature of Electricity                          |
| Week 4: Friction, Rotation                         | Week 10: Magnetism and Electricity                         |
| Week 5: Uniform Circular Motion                    | Week 11: Practice Tests                                    |
| Week 6: Kinetic & Potential Energy                 | Week 12: Review Notes from All Lessons and Simulated Tests |