

# TEAS Study Plan

Start studying on...

Resources/materials to use...

Study buddies or support

## Tips

- Take a practice test & identify priorities for studying
- Use a study/topic guide to study and review material covered on TEAS
- Periodically take practice tests throughout your study period (ideally 4-6 weeks)
  - After each test review any questions you go wrong and learn why
- Review material that still needs attention
- Become familiar with test stress reduction exercises
  - Thought stopping, breathing exercises, etc.