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EMPOWERgre™

MAXIMUM IMPROVEMENT MADE EFFICIENT



1 MONTH

Timeframe

Updated

9/17/2014

NOTE: This packet is to be used in conjunction with the Modules in your Empower GRE Course. This packet is NOT designed to be a complete treatment of any subject herein.

PRE-START CHECKLIST

Pick up your gear. Some items are essential, some are optional. Get the gear you need to succeed.

PRE-START CHECKLIST

	ITEM	HAVE
GAL	ETS PowerPrep II MSTs Download Free GMAT Prep software. Contains 2 practice MSTs and practice questions.	
Official	The Official Guide to the GRE Revised General Test, 2nd Edition Purchase from amazon.com. These questions are an essential part of your training and the EMPOWERgre course. Video explanations for all Official Guide question are also available in the EMPOWERgre library.	
GAE	Practice MSTs Purchase 6 practice MSTs for \$30. Highly recommended for practice and training during the course.	
	Notebooks Purchase realistic scratch paper from amazon.com. Realistic scratch paper for all of your work.	
Q	Headphones Have or <u>purchase headphones</u> . You'll be wearing headphones/earplugs during your real test. Use to watch your lessons.	
8 24	Energy Bars <u>12 Pack of Cliff's Energy Bars at amazon.com</u> . Have the right snacks for your studies and training.	
and i	Chewing Gum Purchase a 12 pack of Trident Cinnamon gum at amazon.com. Chewing gum adds focus and boosts energy.	

PROPER GRE STUDYING CHECKLIST

Scheduling

To crush the GRE, you have a lot of work ahead of you, so plan accordingly. Design a schedule that allows for consistent training. EMPOWERgre suggests 3 nights/week if you work, and two four-hour blocks each weekend.

Conditions

Quiet settings; distraction free (as best as you can create); headphones; snacks; water. You'll also want to use a desktop computer if you can, since the official exam is also on a desktop Human posture varies between laptop and desktop use.

Study Duration: 30 & 35 Minute blocks + 10 Min Break

Ideally, all sessions should be the same length as a GRE section, or series of sections. Divide your sessions into 65 minute increments with a break.

Notebook

Keep track of your progress, and particularly your mistakes. Use the Mistake Tracker to locate patterns within your mistakes, both in terms of tactics and content

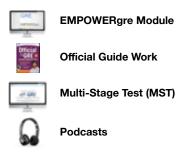
Standard of Learning

Successful GRE test-takers not only know the concepts, but they also know how to apply them. By the time you sit for the real exam, you should know the content well enough so that you could teach it.

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The QUANT Score Booster Study Plan is for those who have already prepped with other courses, or even self-prepped, and for whom the Verbal score is already sufficient, or not relevant for the admissions process. This plan will save you some time compared to the 1-Month Study Plan because it leverages a working familiarity with the GRE Quant content. The plan requires about 15 hours per week over a one month period to complete, although you can feel free to give it more time if need be, or skip areas you're already 90%+ accurate. If there's any doubt about an area though, we suggest you do the module(s).

RESOURCES



STAGE 1: DAYS 1-9

	ITEM	TIME	DONE
GAE	Start Here Module Introduction to how the course functions, and what it takes to get a 90th percentile + score	5 Mins	
200	Take ETS PowerPrep II GRE Prep MST 1 Establish your baseline score. Complete ALL sections	4 Hours	
	Download & Print PDF Packs Have your concept summaries handy. Print at any time	10 Mins	
GAL	QUANT: TEST IT, TEST THE ANSWERS, Quant Comparisons, Number Properties, Triage, Special Question Types Learn essential Quant tactics and knowledge. Applies to over 3/4 of the Quant section	12 Hours	
Q	EMPOWER Podcast: GRE Perspective What the GRE actually measures and why it's a part of the Admissions process	5 Mins	
GAE	Math Skills Clinics Fractions to Decimals	15 Mins	
Q	EMPOWER Podcast: You Not Studying For the GRE, You're Training For It Max debunks some big myths about prepping for the GRE to help you better prep	5 Mins	
GAE	Physical and Psychological Tactics Module Let Rich guide you through how to be at your best during practice and on the big day	30 Mins	
	Review MST 1 Apply newly learned tactics; use Mistake Tracker spreadsheet to track mistakes and insights	2 Hours	
Q	EMPOWER PODCAST: Triage A quick reminder of the multiple benefits of TRIAGE to your overall performance on the GRE	5 Mins	
Q	EMPOWER PODCAST: The GRE is just like a A brief message from Rich before you take your 2nd MST (MGRE MST 1)	5 Mins	
ð de	EMPOWER TACTICS: How to Review your MSTs Learn how to categorize errors so that you can fix the biggest areas first and improve faster.	5 Mins	
OME	**OPTIONAL** FREE MATH HELP - Khan Academy Math skills rusty? Then dig into this Module and get those basic math skills back up to speed	1-5 Hours	
	Schedule Your Official GRE ets.org If you work M-F, then schedule your test on a Monday morning	15 Mins	

STAGE 2: DAYS 10-14

	ITEM	TIME	DONE
GAE /	QUANT: Algebra 1 Renew and refine your GRE Algebra skill	3 Hours	
GAE	QUANT: Algebra 2 Renew and refine your GRE Algebra skill	2 Hours	
GAE	QUANT: Skills Clinic - Perfect Squares Review squares and square roots to calculate GRE Quant questions faster	10 Mins	
GAL	EMPOWER TACTICS: Pacing Combined with Triage, the pacing tactics will help you to maximize your performance on Test Day	30 Mins	
-704	Take Manhattan MST2 Make sure you take the MST in realistic conditions, including doing the essay	4.5 Hours	
	Review Manhattan MST2 Review the answers and explanations; complete the Mistake Tracker	3 Hours	



STAGE 3: DAYS 15-18

	ITEM	TIME	DONE
GAE	QUANT: Math Rules 1 Learn & master essential GRE Quant Math Rules	6 Hours	
GAE arms	QUANT: Math Rules 2 Learn & master essential GRE Quant Math Rules	6 Hours	
GAE	QUANT: Math Rules 3 Learn & master essential GRE Quant Math Rules	6 Hours	
GAE armine	QUANT: Skills Clinic - Math Formulas Having these formulas memorized is a must for Test Day	10 Mins	
Q	EMPOWER PODCAST: Battling Fatigue A brief message from Rich before you take your 4th MST (MGRE MST 3)	5 Mins	
204	Take MGRE MST 3 Take all sections of your 3rd MST under fully simulated conditions	4.5 Hours	
	MGRE MST 3 Review Apply newly learned tactics; use Mistake Tracker spreadsheet to track mistakes and insights	3 Hours	

STAGE 4: DAYS 19-23

	ITEM	TIME	DONE
GRE	QUANT: Math Formulas 1 Learn & master essential GRE Quant Math Formulas	5 Hours	
GRE	QUANT: Math Formulas 2 Learn & master essential GRE Quant Math Formulas	5 Hours	
GAE	Math Skills Clinics Geometry Formulas	10 Mins	



STAGE 5: DAYS 24-30

	ITEM	TIME	DONE
GAL	QUANT: Geometry - Part 1 Lines, triangles, and polygons	3 Hours	
	QUANT: Geometry - Part 2 Circles, solids, and graphing	3 Hours	
204	Take MGRE MST 5 Take all sections of your 5th MST under fully simulated conditions	4.5 Hours	
	MGRE MST 5 Review Apply newly learned tactics; use Mistake Tracker spreadsheet to track mistakes and insights	3 Hours	
	Take ETS PowerPrep II MST 2 Take all sections of your 7th MST under fully simulated conditions	4.5 Hours	
	ETS PowerPrep II MST 2 Review Review answers and explanations; use Mistake Tracker spreadsheet to track mistakes/insights	3 Hours	
Q	EMPOWER PODCAST: Endorphin Rush An easy way to pick up a powerful rush of Endorphins on Test Da	5 Mins	
GAL	Curated Review Modules A lean revisit of the earlier lesson videos to stay completely refreshed ahead of test day	5 Hours	
GAL	Final Module Before Test Day Advice on how you should spend your last 24 hours before Test Day	20 Mins	
P	Take Your Real GRE Time to celebrate! Its game day.	5 Hours	



PRACTICE MST SEQUENCE

	MST Number	TIME	DONE
200	1	ETS PowerPrep II MST 1	
	2	MGRE MST 1	
200	3	MGRE MST 2	
200	4	MGRE MST 3	
200	5	MGRE MST 4	
200	6	MGRE MST 5	
	7	Take ETS PowerPrep II MST 2	
200	(Reserve)	MGRE MST 6	

