



ATI TEAS 6-WEEK STUDY PLAN 2022-2023

Practice makes perfect, right?! The writers of the ATI TEAS Exam are sharing a 6-week study plan to help guide your studying.

This study guide is designed to pair with TEAS prep products however, students can get a general idea of time spent studying per subject using the information below.



(12.25 -21 HOURS)

WEEK 1: ENGLISH AND LANGUAGE USAGE

(1 - 4 HOURS)

TEAS Online Practice Assessment A

- Complete the online TEAS Practice Assessment A. Review the results from this practice exam and highlight content areas in which scores were below 75%. (1 to 4 hours)

(10.25 - 16 HOURS)

TEAS SmartPrep Self-paced Tutorial

- Access and complete the English and Language Usage Module Pretest. (.25 - 0.5 hour)
- Complete the 8 lessons within the English and Language Usage module. (4.5 - 6.75 hours) (Choose either Full Study Plan or Personalized Study Plan – ATI suggests the Full Study Plan if you scored below 75% in the English and Language Usage content area on the TEAS Online Practice Test A). Be sure to use the additional lesson enrichment features like key concept videos and the glossary. Complete the End of Lesson Quiz for each completed lesson and review question rationales before progressing to the next lesson.
- Complete the English and Language Usage Module Post test. (.5 - 1 hour)
Review the post test Summary Page and question rationales. (.25 - .5 hour)
- (Optional) Complete an additional Personal Study Plan for English and Language Usage if prompted by the SmartPrep program. If all post test questions were answered correctly, you have successfully completed this module and no additional work in this module is necessary. (4.5 - 6.75 hours)

(1 HOUR)

TEAS Study Manual 2022 - 2023:

- Read the Introduction and Preparation Strategies pages.
- Complete the ATI TEAS Preparation Strategies Worksheet based on the results from the Online TEAS Practice Assessment A to identify content and concepts that have been mastered and those that remain a challenge for future test success.



WEEK 2: READING

(7.25 TO 11 HOURS)

(5 - 7.5 HOURS)

TEAS SmartPrep Self-paced Tutorial:

- Access and complete the Reading Module Pretest. (.5 - 1 hour)
- Complete lessons 1- 7 within the Reading Module. (4.5 - 6.75 hours)
(Choose either Full Study Plan or Personalized Study Plan - ATI suggests the Full Study Plan if you scored below 75% in the Reading content area on the TEAS Online Practice Assessment A). Be sure to use the additional lesson enrichment features like key concept videos and the glossary. Complete the End of Lesson Quiz for each completed lesson and review question rationales before progressing to the next lesson.

(2.25 - 3.5 HOURS)

TEAS Study Manual 2022 - 2023:

- Review content under Key Ideas and Details and Integration of Knowledge and Ideas and answer practice problems embedded in each section (1.75 - 2.5 hours)
- Compare Practice Problem answers to the Practice Problems answer key. Pay attention to rationales for practice problems answered incorrectly. (0.5 - 1 hour)

(13.5 – 21 HOURS)

WEEK 3 READING CONTINUED:

(10.5 – 15.75 HOURS)

TEAS SmartPrep Self-paced Tutorial:

- Review the Reading Module Pretest outcomes from week 2 (.25 hour)
- Complete lessons 8 - 14 within the Reading Module. (4.5 – 6.75 hours) (Choose either Full Study Plan or Personalized Study Plan – ATI suggests the Full Study Plan if you scored below 75% in the Reading content area on the TEAS Online Practice Assessment A). Be sure to use the additional lesson enrichment features like key concept videos and the glossary. Complete the End of Lesson Quiz for each completed lesson and review question rationales.
- Complete the Reading Module Post test. (1 – 1.5 hours)
- Review the Reading Module Post test Summary Page and question rationales. (0.25 – 0.5 hour)
- (Optional) Complete an additional Personal Study Plan for Reading if prompted by the SmartPrep program. If all post test questions were answered correctly, you have successfully completed this module and no additional work in this module is necessary. (4.5 – 6.75 hours)

(2.75 – 4.75 HOURS)

TEAS Study Manual 2022 - 2023:

- Reading Section: Review content under Craft and Structure and complete practice problems within these pages. (1 - 1.5 hours)
- Compare Practice Problem answers to the Practice Problems answer key. Pay attention to rationales for practice problems answered incorrectly. (0.5 – 1 hour)
- Complete full Reading section Quiz. (0.75 – 1.25 hours)
- Compare Reading section quiz answers to Reading section quiz rationales. Pay attention to rationales for quiz questions answered incorrectly. (0.5 – 1 hour)



(8.5 - 12.25 HOURS)

WEEK 4: SCIENCE

(5.75 - 8 HOURS)

TEAS SmartPrep Self-paced Tutorial:

- Access and complete the Science Module Pretest. (.75 – 1 hour)
- Complete lessons 1- 12 within the Science Module. (5 – 7 hours) (Choose either Full Study Plan or Personalized Study Plan – ATI suggests the Full Study Plan if you scored below 75% in the Science content area on the TEAS Online Practice Assessment A) Be sure to use the additional lesson enrichment features like key concept videos and the glossary. Complete the End of Lesson Quiz for each completed lesson and review question rationales before progressing to the next lesson.

(2.75 - 4.25 HOURS)

TEAS Study Manual 2022 - 2023:

- Science Section: Review content under Human Anatomy and Physiology. Complete all practice problems within these pages. (2 – 3 hours)
- Compare Practice Problem answers to the Practice Problems answer key. Pay attention to rationales for practice problems answered incorrectly. (0.75 – 1.25 hours)

(19 – 29.5 HOURS)

WEEK 5: SCIENCE CONTINUED

(14 – 21 HOURS)

TEAS SmartPrep Self-paced Tutorial:

- Review the Science Module Pretest outcomes from week 4 (.25 hour)
- Complete lessons 13-27 within the Science Module. (7.5 – 11.25 hours) (Choose either Full Study Plan or Personalized Study Plan – ATI suggests the Full Study Plan if you scored below 75% in the Science content area on the TEAS Online Practice Test A). Be sure to use the additional lesson enrichment features like key concept videos and the glossary. Complete the End of Lesson Quiz for each completed lesson and review question rationales.
- Complete the Science Module Post test. (1 – 1.5 hours)
- Review the Science Module Post test Summary Page and question rationales. (0.25 – 0.5 hour)
- (Optional) Complete an additional Personal Study Plan for Science if prompted by the SmartPrep program. If all post test questions were answered correctly, you have successfully completed this module and no additional work in this module is necessary. (5 – 7.75 hours)

(5 – 8.25 HOURS)

TEAS Study Manual 2022 - 2023:

- Science Section: Review content under Biology, Chemistry and Scientific Reasoning and complete practice problems within these pages. (3 – 5 hours)
- Compare Practice Problem answers to the Practice Problems answer key. Pay attention to rationales for practice problems answered incorrectly. (0.5 – 1 hour)
- Complete full Science Section Quiz. (0.75 – 1.25 hours)
- Compare Science Section Quiz answers to Science Section Quiz rationales. Pay attention to rationales for quiz questions answered incorrectly. (0.75 – 1 hours)

(23.5 – 39.75 HOURS)

WEEK 6: MATH

(16.75 – 25.5 HOURS)

TEAS SmartPrep Self-Paced Tutorial:

- Access and complete the Math Module Pretest. (.5 – 1 hour)
- Complete lessons 1 – 15 within the Math Module. (7.5 – 11.25 hours) (Choose either Full Study Plan or Personalized Study Plan – ATI suggests the Full Study Plan if you scored below 75% in the Mathematics content area on the TEAS Online Practice Assessment A). Be sure to use the additional lesson enrichment features like key concept videos and the glossary. Complete the End of Lesson Quiz for each completed lesson and review question rationales before progressing to the next lesson.
- Complete the Math Module post test. (1 – 1.5 hours)
- Review the post test Summary Page and question rationales. (.25 – .5 hour)
- (Optional) Complete an additional Personal Study Plan for Math if prompted by the SmartPrep program. If all post test questions were answered correctly, you have successfully completed this module and no additional work in this module is necessary. (7.5 – 11.25 hours)

(4.75 – 8.25 HOURS)

TEAS Study Manual 2022 - 2023:

- Math Section: Review content under Numbers and Algebra and Measurement and Data and complete practice problems within these pages. (3 – 5 hours)
- Compare Practice Problem answers to the Practice Problems answer key. Pay attention to rationales for practice problems answered incorrectly. (0.5 – 1.0 hour)
- Complete full Math Section Quiz. (0.75 – 1.25 hours)
- Compare Math Section Quiz answers to Math Section Quiz rationales. Pay attention to rationales for quiz questions answered incorrectly. (0.5 – 1.0 hours)

(2 - 6 HOURS)

TEAS Online Practice Assessment B

- Complete the TEAS Online Practice Assessment B. (1 – 4 hours)
- Review any areas for concern based on your TEAS Online Practice Assessment B results. (1 – 2 hours)

For your best TEAS score, use our prep products

We recommend allowing at least 6 weeks of preparation prior to taking the TEAS. On a tighter schedule? Don't worry – we have solutions that fit any timeline.



1

Practice Assessment A

Get a baseline score highlighting subjects that need improvement.



2

Smart Prep

Study what you need help on most with our customized study plan.



3

Study Manual

Learn test taking strategies, exam day tips, and study further.



4

Practice Assessment B

Test your comprehension with our Online Practice Assessment Form C.

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