

Midterm Week Dorm Survival Checklist

A practical, low-stress checklist for staying organized, keeping your dorm functional, and getting through midterms without losing your essentials.

What this PDF includes: a midterm command center, weekly study plan, dorm reset list, roommate quiet plan, exam-day checklist, snack and sleep reminders, parent care package ideas, and space for your own schedule.

Name	Semester	Midterm week dates

Quick Start

- ☐ Write every exam, paper, quiz, and presentation date in one place.
- ☐ Clean your desk just enough to study - not enough to procrastinate.
- ☐ Tell your roommate when you need quiet hours before exams.
- ☐ Pack a simple exam bag the night before each test.
- ☐ Plan easy meals and snacks so you do not survive on random vending food.
- ☐ Check your syllabus, professor emails, testing rules, and required materials.

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Plan what to buy, what to skip, and how to make dorm life easier.

Midterm Command Center

Midterms feel less chaotic when every due date, location, and material is in one place.

Class	Exam / task	Date + time	Location / link	Materials needed

1-Week Study Plan

Use this for the week before your hardest midterm. Keep it realistic so you can actually follow it.

Day	Main class focus	Study task	Dorm/life task
7 days before	Hardest class	Make topic list + gather notes	Clear desk
5-6 days before	Weakest topics	Practice problems or flashcards	Laundry or bedding reset
3-4 days before	Mixed review	Redo missed questions	Restock snacks / water
1-2 days before	Final review	Practice test + summary sheet	Pack exam bag

Do not plan an all-night miracle session. Midterm week usually goes better when you spread the work out, sleep enough, and know exactly what to study next.

Dorm Study Setup Reset

You do not need a perfect room. You need a study spot that is usable for the next few days.

☐ Clear only the desk surface you need for laptop, notebook, and water.	☐ Use one folder or tote for current midterm papers and review sheets.
☐ Move decor, packages, and extra cups off the main study area.	☐ Set out one water bottle and one low-mess snack.
☐ Plug in your laptop, tablet, headphones, and power bank.	☐ Put laundry in the hamper so the floor feels less chaotic.
☐ Put chargers, calculator, pencils, pens, and highlighters in one spot.	☐ Turn on a fan, lamp, or white noise if it helps you focus.

What to Study First

If you have...	Start with...	Do not waste time on...
A math/science exam	Practice problems and old mistakes	Only rereading notes
A writing-heavy midterm	Outlines, examples, and thesis practice	Perfecting stationery or formatting early
A memorization exam	Flashcards, recall, and short quizzes	Highlighting everything
Multiple midterms	The earliest and hardest class first	Spending all day on the easiest class

Dorm Blueprint Tip: If you keep reaching for your phone, put it across the room during 25-minute focus blocks. The goal is friction, not perfection.

15-Minute Dorm Reset

Do this before the busiest part of the week. It keeps your room functional without turning into a cleaning marathon.

☐ Take out food trash and anything that smells.	☐ Wipe desk, keyboard, mouse, and phone case.
☐ Clear old cups, plates, and wrappers from your desk and bed area.	☐ Check mini fridge for old leftovers.
☐ Put dirty clothes into the hamper.	☐ Restock tissues, hand soap, trash bags, and water.
☐ Wash one urgent laundry load if you are out of basics.	☐ Put tomorrow morning clothes somewhere easy to grab.
☐ Change pillowcase or sheets if they feel gross.	☐ Pack your exam bag before you sleep.

Roommate Quiet Plan

Midterms are easier when expectations are clear before someone is stressed.

Topic	What we agree to
Quiet hours before exams	
Guests during midterm week	
Lights / alarms / calls	
Shared desk or floor space	
How to ask for quiet	

Ask your roommate first: shared quiet hours, guest plans, late-night study calls, borrowed chargers, shared snacks, and whether lights stay on after a certain time.

Food, Water, and Sleep Plan

A tiny bit of planning helps you avoid skipping meals, overbuying snacks, or crashing right before an exam.

☐ Keep water easy to reach while studying.	☐ Set a realistic bedtime for the night before each midterm.
☐ Plan two easy breakfasts for exam mornings.	☐ Pack medicine, contacts, glasses, or allergy items if needed.
☐ Buy simple snacks you will actually eat, not a huge random haul.	☐ Take one short walk or stretch break each day if possible.
☐ Keep one quick meal ready for late study nights.	☐ Keep caffeine reasonable so you can still sleep.

Midterm Survival Kit

Buy before midterms	Wait / skip	Check first
Index cards, pens, pencils, sticky notes, water, easy snacks	Fancy study supplies, huge snack hauls, extra decor, bulky storage	Exam rules, calculator rules, online testing rules, quiet-hour policies
Tissues, pain reliever you already use, cough drops, lip balm	New supplements or anything you have never tried before an exam	Health center hours and professor instructions

Parent care package idea: send practical comfort items: tea, easy snacks, tissues, sticky notes, a handwritten note, and maybe one treat - not a giant box that creates more clutter.

Exam-Day Checklist

Pack this the night before so your morning is not a panic search.

☐ Student ID and any required testing materials.	☐ Blue book, Scantron, or scratch paper if required.
☐ Laptop/tablet charged if needed.	☐ Water bottle if allowed.
☐ Charger and power bank if allowed.	☐ Quiet snack for after the exam.
☐ Calculator if allowed and required.	☐ Glasses, contacts, medicine, or allergy items.
☐ Pencils, pens, eraser, and highlighter.	☐ Classroom/location checked before leaving.

After-Exam Reset

☐ Write down anything you need to remember for the next exam.	☐ Text your roommate if you need another quiet block.
☐ Put notes back into the correct folder or digital folder.	☐ Do a 5-minute reset before switching classes.
☐ Eat something real before starting the next study session.	☐ Check the next deadline before relaxing too long.
☐ Take out trash if you used a lot of snacks or drinks.	☐ Let yourself recover after the hardest exam.

Midterm Week Tracker

Exam / due date	Prepared?	Packed?	Done?

Notes and Custom Midterm Plan

Use this page for professor reminders, roommate agreements, exam locations, office hours, care package ideas, or your own midterm week schedule.

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