

# Executive Assessment



# EXECUTIVE ASSESSMENT STANDARD PLAN 1 MONTH

**EMPOWER**<sup>TM</sup>**ea**  
MAXIMUM IMPROVEMENT MADE EFFICIENT

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Coverage Level

**FULL**

Timeframe

**1 MONTH**

Updated

**7/6/2020**

**NOTE:** This packet is to be used in conjunction with the Modules in your EMPOWERea 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 for a successful training experience.

## PRE-START CHECKLIST



### GMAT Official Guide 2021, 2020, 2019, or 2018 Edition

[Purchase a copy from amazon.com](#). The course is compatible with the 2021, 2020, 2019, or 2018 editions. The official questions within these guides are an essential part of your training and the EMPOWERea course. Video explanations for Official Guide questions are included in ALL OG Quizzes and assignments.



### Practice EA Exams

The Official EA® Software Exams have been made available by EMPOWERea in your course through a negotiated deal with the official test writers. Find your exams by clicking on the Test tab in your [EMPOWERea dashboard](#).



### Notebooks

[Purchase realistic scratch paper from amazon.com](#). Realistic scratch paper for all of your work.



### Headphones

Use your [noise cancelling headphones](#). You'll have the option to wear noise canceling headphones during your real test, so you should do your practice work, and practice exams, wearing similar headphones.



### Energy Bars

[12 Pack of Cliff's Energy Bars at amazon.com](#). Have the right snacks for your studies and training.



### Chewing Gum

[Purchase a 12 pack of Trident Cinnamon gum at amazon.com](#). Chewing gum adds focus and boosts energy.

## PROPER EA TRAINING

### Scheduling

To excel on the EA, you have a lot of work ahead of you, so plan accordingly. Design a schedule that allows for consistent training. EMPOWER suggests training several nights/week if you work, and at least two four-hour blocks each weekend.

### Conditions

Quiet, and minimal or distraction-free setting; noise-cancelling headphones; snacks; water

### Study Duration: 90 Mins

Ideally, all sessions should be the same length as an EA exam to help develop stamina for test day.

### Notebook

Keep track of your progress, and particularly your mistakes. Use the Mistake Tracker Excel to define EAe patterns within your mistakes. Defining WHY you're getting questions wrong is essential to your improvement.

### Standard of Learning

Successful EA 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 so well that you could teach it.

# 1-MONTH STUDY PLAN

This plan is geared towards those who have less time than is recommended to invest in EA preparation, or those who've already done some initial prep work.

Most people who go on to achieve Maximum score improvement invest 10-15 hours per week, and spend 2 months in their preparation.

Although less than ideal, if you only have 1 month to prepare for the exam, then this plan will help you train to do your best under the constrained time conditions.

## RESOURCES



EMPOWERea Module



Official Guide Quiz (2021, 2020, 2019, or 2018 Edition)



Practice EA Exam



PDF Summary

## STAGE 1: FIRST 10 DAYS

ITEM	TIME	DONE
 <b>Start Here Module</b> Introduction to how the course functions, and what it takes to get a top score	5 Mins	<input type="checkbox"/>
 <b>Download &amp; Print PDF Packs</b> Have your content and tactical summary handy to review at any time	10 Mins	<input type="checkbox"/>
 <b>Quant: TEST IT, TEST THE ANSWERS, Data Sufficiency, Number Properties, Triage</b> Learn essential Quant tactics and knowledge. Applies to over 3/4 of the Quant section.	11 Hours	<input type="checkbox"/>
 <b>Math Skills Clinics</b> Fractions to Decimals and Perfect Squares	15 Mins	<input type="checkbox"/>
 <b>How To Read On The EA</b> Learn exactly how to read for success not only on any RC passage, but also on the entire exam.	1 Hours	<input type="checkbox"/>
 <b>Verbal: Intro, How to Attack RC, Reading Comp 1, 2, and 3</b> Learn all 3 EA RC question types to earn a massive overall point boost	5 Hours	<input type="checkbox"/>
 <b>Verbal: RC Question Identification &amp; Wrong Answer Identification</b> Learn how to accurately identify RC question types, and the 3 wrong option types.	1 Hour	<input type="checkbox"/>
 <b>OG Quizzes (Basic and Intermediate) &amp; Rich's Videos</b> 2 quizzes for each: Test It, Test The Answers, Data Sufficiency, Number Properties	7 Hours	<input type="checkbox"/>
 <b>OG Quizzes (Basic, and Intermediate) &amp; Max's Videos</b> Reading Comprehension	3 Hours	<input type="checkbox"/>
 <b>Physical and Psychological Tactics Module</b> Rich guides you through how to perform at your best during practice and on the big day	30 Mins	<input type="checkbox"/>

# 1-MONTH STUDY PLAN

## STAGE 1: DAY 1-10 (CONTINUED)

	ITEM	TIME	DONE
	<b>Schedule Your Official EA</b> Register for your EA at <a href="https://www.gmac.com/executive-assessment/register">https://www.gmac.com/executive-assessment/register</a> If you work M-F, then schedule your test on a Monday morning	15 Mins	<input type="checkbox"/>
	<b>Pre-EA Warmup for your 1st Practice EA</b> Get ready for your 1st Practice EA with some warmup questions.	30 Mins	<input type="checkbox"/>
	<b>OPTIONAL Basic Math Skills Training</b> Brush up on a wide range of basic skills with curated practice sets at Khan Academy	1-4 Hours	<input type="checkbox"/>
	<b>EMPOWER PODCAST: The EA is just like a...</b> Before you take your 1st Practice EA, listen to this colorful anecdote about how to view the overall process of studying for the EA.	5 Mins	<input type="checkbox"/>
	<b>Take Practice EA 1</b> Take all sections of your 1st Practice EA under fully simulated conditions (take it at the same time of day as your Official Executive Assessment, interruption free)	2 Hours	<input type="checkbox"/>
	<b>Practice EA 1 Review</b> Apply newly learned tactics; use Mistake Tracker spreadsheet to track mistakes and insights	3 Hours	<input type="checkbox"/>

# 1-MONTH STUDY PLAN

## STAGE 2: DAY 11-16

ITEM	TIME	DONE
  <b>OG Quizzes (Basic and Intermediate) &amp; Rich's Videos</b> Quizzes testing essential Arithmetic skills	2 Hours	<input type="checkbox"/>
 <b>Quant: Algebra 1 &amp; 2</b> Renew and refine your EA Algebra skills	4.5 Hours	<input type="checkbox"/>
 <b>Verbal: Sentence Correction Intro &amp; Quizzes</b> Introduction, Parallelism, Modifiers, Idioms, Agreement, Tense, Comparisons, The Ws, Efficiency	5 Hours	<input type="checkbox"/>
  <b>OG Quizzes (Basic and Intermediate) &amp; Rich's Videos</b> Algebra	2.5 Hours	<input type="checkbox"/>
  <b>OG Quizzes (Basic, and Intermediate) &amp; Max's Videos</b> Sentence Correction	2 Hours	<input type="checkbox"/>
 <b>EMPOWER TACTICS: Practice EA Review</b> Make the necessary adjustments and improvements to how you handle a full length Practice EA	20 Mins	<input type="checkbox"/>
 <b>Math Skills Clinics</b> Perfect Squares	10 Mins	<input type="checkbox"/>
  <b>OG: Stage 1 Quant &amp; Verbal Targeted Review</b> Stay sharp on topics already covered.	2 Hours	<input type="checkbox"/>
  <b>Pre-EA Warmup for your 2nd Practice EA</b> Get ready for your 2nd Practice EA with some warmup questions.	30 Mins	<input type="checkbox"/>
 <b>EMPOWER PODCAST: Triage</b> Rich discusses the value of TRIAGE (re: dumping a few questions on purpose can lead to a big improvement in your scores).	10 Mins	<input type="checkbox"/>
 <b>Take Practice EA 2</b> Take all sections of your 2nd Practice EA under fully simulated conditions (take it at the same time of day as your Official Executive Assessment, interruption free)	2 Hours	<input type="checkbox"/>
 <b>Practice EA 2 Review</b> Apply newly learned tactics; use Mistake Tracker spreadsheet to track mistakes and insights	3 Hours	<input type="checkbox"/>

# 1-MONTH STUDY PLAN

## STAGE 3: DAY 17-22

ITEM	TIME	DONE
 <b>Quant: Math Rules 1, 2, 3</b> Learn & master essential EA Quant Math Rules	9 Hours	<input type="checkbox"/>
 <b>Verbal: Critical Reasoning 1, 2, 3, 4</b> Master the structure, logic and process of all EA Critical Reasoning question types	6 Hours	<input type="checkbox"/>
 <b>Verbal: Triage</b> Learn EMPOWER Triage to quickly identify common wrong answers in Verbal questions.	30 Mins	<input type="checkbox"/>
 <b>OG Quizzes (Basic and Intermediate) &amp; Rich's Videos</b> Math Rules	2.5 Hours	<input type="checkbox"/>
 <b>OG Quizzes (Basic, and Intermediate) &amp; Max's Videos</b> Critical Reasoning	3 Hours	<input type="checkbox"/>
 <b>EMPOWER TACTICS: Pacing &amp; How the EA Program Works</b> Eliminate pacing problems. Learn the secrets to how Computer Adaptive Tests ACTUALLY work	10 Mins	<input type="checkbox"/>
 <b>Math Skills Clinics</b> Math Formulas	10 Mins	<input type="checkbox"/>
 <b>OG: Stage 2 Quant &amp; Verbal Targeted Review</b> Stay sharp on topics already covered.	2 Hours	<input type="checkbox"/>
 <b>Pre-EA Warmup for your 3rd Practice EA</b> Get ready for your 3rd Practice EA with some warmup questions.	30 Mins	<input type="checkbox"/>
 <b>EMPOWER PODCAST: Battling Fatigue</b> Rich discusses a myriad of ways to keep your energy up during your studies and on test day.	5 Mins	<input type="checkbox"/>
 <b>Take Practice EA 3</b> Take all sections of your 3rd Practice EA under fully simulated conditions (take it at the same time of day as your Official Executive Assessment, interruption free)	2 Hours	<input type="checkbox"/>
 <b>Practice EA 3 Review</b> Apply newly learned tactics; use Mistake Tracker spreadsheet to track mistakes and insights	3 Hours	<input type="checkbox"/>

# 1-MONTH STUDY PLAN

## STAGE 4: DAY 23-30

ITEM	TIME	DONE
 <b>Quant: Math Formulas 1 &amp; 2</b> Learn & master essential EA Quant Math Formulas	5 Hours	<input type="checkbox"/>
 <b>Integrated Reasoning Training &amp; Quiz</b> IR uses Quant and Verbal skills that you already have. Learn the four IR question types and Empower Tactics for how to efficiently respond to all of them.	2 Hours	<input type="checkbox"/>
 <b>OG Quant All 3 Practice Categories Quizzes (Basic and Intermediate) &amp; Rich's Videos Math Formulas</b>	2.5 Hours	<input type="checkbox"/>
 <b>OG Verbal All 3 Practice Categories Quizzes (Basic, and Intermediate) &amp; Max's Videos Verbal Quizzes</b>	2 Hours	<input type="checkbox"/>
 <b>Verbal SC Idioms Consolidated Review</b> Stay fresh and test your knowledge of the EA idioms from Stage 2	30 mins	<input type="checkbox"/>
 <b>OG: Stage 3 Quant &amp; Verbal Targeted Review</b> Stay sharp on topics already covered.	2 Hours	<input type="checkbox"/>
 <b>EMPOWER PODCAST: Endorphin Rush</b> Rich advises on how to boost your performance right at the very beginning on test day.	5 Mins	<input type="checkbox"/>
 <b>Pre-EA Warmup for your 4th Practice EA</b> Get ready for your 4th Practice EA with some warmup questions.	30 Mins	<input type="checkbox"/>
 <b>Take Practice EA 4</b> Take all sections of your 4th Practice EA under fully simulated conditions (take it at the same time of day as your Official Executive Assessment, interruption free)	4 Hours	<input type="checkbox"/>
 <b>Practice EA 4 Review</b> Apply newly learned tactics; use Mistake Tracker spreadsheet to track mistakes and insights	3 Hours	<input type="checkbox"/>
 <b>Final Review</b> A curated review of the key concepts tested on the exam	7 Hours	<input type="checkbox"/>
 <b>Final Thoughts From Rich &amp; Max Before Test Day</b> Prepare for test day with Max & Rich	30 Mins	<input type="checkbox"/>
 <b>Take Your Real EA</b> Time to celebrate! Its game day.	4 Hours	<input type="checkbox"/>