

U.S. HISTORY STUDY PLAN

for

Name:

Date:

About Your Study Plan

This Study Plan comprises the full spectrum of materials and resources available to a candidate. We encourage you to use the recommended resources to target preparation to your needs and goals.

There will be hyperlinks throughout this document. Please make sure that you visit the relevant pages to access all of the resources.

Your commitment to great teaching begins here. Your efforts will not only help you pass the test, but will also prepare you to become a successful teacher.

How to study:

American Board is committed to making sure you are the best possible teacher.

We will provide you with study tips to get ready for the exam and both the content and resources to review this material. It is your job to commit to preparing and stay dedicated while studying.

Think of the Snapshot below as an overview for what you need to know. For more detail in each topic, review the exam [standards](#). The

American Board exams are based on this blueprint, so consider this a syllabus for what you want to study.

Your Materials

Standards: a list of everything that might be on the test.
Study Plan: your syllabus with links to what you need to study for each section.

Cracking the AP U.S. History Exam: a textbook developed to help provide an outline of the materials that may appear on the American Board United States History exam.

United States History Exam Snapshot

Time Allowed	240 minutes		
Format	Multiple-choice		
Number of Questions	125		
On-Screen Exhibits	None		
Passing Score	Proficient: 279 Distinguished: 335	(The number of questions answered correctly is converted to a scaled score ranging from 0 to 500.)	
Exam Summary	Content Domains		Approximate Percentage of Examination
	Discovery and Settlement of the New World		3%
	The Colonial Era		14%
	Establishment and Growth of the Republic		19%
	The Jacksonian Era to the Civil War		14%
	The Civil War and Reconstruction		9%
	Post Civil War Period Through World War I		14%
	The Roaring Twenties Through World War II		15%
Post World War II America		12%	

ABOUT THIS EXAM

The American Board for Certification of Teacher Excellence believes that highly skilled United States history teachers should possess a comprehensive body of knowledge that is research-based and promotes student achievement. The United States history exam is a rigorous assessment of a candidate's knowledge of the history of the United States from the discovery and settlement of the New World to contemporary America. The exam covers political, social, and military history.

Use a U.S. History survey text

The American Past, one of the anchor texts used to develop the exam, is recommended as your survey text. If you have another survey book from college, or you have access to a different text from your library, that is perfectly fine. It is important that you have access to a survey book because it will cover, in part, the various domains of the exam.

American Board's Standards Stepwise Method

The right way to get started: using the Standards as your syllabus

Your Self Assessment is a summary of the standards; by doing it, you have identified which ones need the most attention. The Standards are your study lifeline; you can find them on your MyAccount page. Throughout the course of your study you will learn all of them. How to begin? Here is American Board's Standards Stepwise method:

1 Approach in bite-sized chunks: don't be overwhelmed or paralyzed by how many standards there are, simply pick a topic of a domain and get started.

2 Define the terms: take the first three items in the topic and make sure you know all the terms. Look up any you do not recognize. After all, you cannot answer a question definitively if you don't even know the terms.

Domain 1: Instructional Design

Topic 1: Selects, Organizes, Plans, and Designs Content

1.1.01	Writes measurable objectives for both individual or classroom performance based on student data and subject matter.
1.1.02	Guides curricular planning (e.g., content clusters, instructional methods, learning activities and assessment tools) based on goals of the instruction.
1.1.03	Substantiates or illustrates ideas.
1.1.04	Juxtaposes examples that differ in many ways but are the same in defining features, so that students can generalize to new examples and learn to discriminate same/different when faced with new examples.
1.1.05	Plans lessons, depending on size and content of unit, so that important ideas or skills are studied on several occasions rather than all at once.
1.1.06	Selects lesson materials and resources.
1.1.07	

Guides **curricular planning** (e.g., **content clusters**, instructional methods, learning activities and assessment tools) based on goals of the instruction.

3 Use the required resources in your Study Plan or a broad survey text to refresh your memory on the topic.

4 Use the appropriate recommended resources to probe deeper if you need better understanding. Use the Standards to target the sections you need to read.

5 Your Notes: go to the resources section of Americanboard.org and identify resources you can use.

6 Check for understanding and reflect: think about how you would use this in a classroom or how you would teach the subject. Use your quizzes to check for understanding and move on.

7 Wash, rinse, and repeat: once you finish a chunk of three, go back and attack the next three.

PROFESSIONAL TEACHING KNOWLEDGE STUDY PLAN

for Name: Date:

AMERICAN BOARD
(for Certification of Teacher Excellence)

The Study Plan:
Your study plan includes direction on how to use ABCTE's resources. We also include recommended resources to aid in your mastery. The full description of these can always be found at: www.abcte.org/teach/learn/preparation. You should also rate these resources whenever possible.
This plan was designed for a 9 month period (4 months for Professional Teaching Knowledge (PTK); 4 months for the subject matter; 2 weeks to take each test) in which most people are able to complete the program. Many have completed the program in a shorter amount of time. Your advisor will provide you with a more efficient, customized plan based on your needs.

Area of Study	Required Resource	Recommended Resource
<input type="checkbox"/> Instructional Delivery <input type="checkbox"/> Communicating effectively <input type="checkbox"/> Presents clear and focused instruction <input type="checkbox"/> Effective questioning techniques <input type="checkbox"/> Makes efficient use of learning time <input type="checkbox"/> Applications <input type="checkbox"/> Research Strategies	<input type="checkbox"/> Review the specific PTK standard http://www.abcte.org/teach/teaching_standards The corresponding Prepare to Teach Workshops can be found at: http://www.abcte.org/prepare-to-teach-workshops.html <input type="checkbox"/> Characteristics 1- 8 <input type="checkbox"/> Characteristics 9 - 16 <input type="checkbox"/> VIDEO CASE STUDIES: Characteristics of Successful Teachers (13:57) Pedagogy and Instructional Design <input type="checkbox"/> How Students Learn <input type="checkbox"/> Whole Group Strategies Part 1 <input type="checkbox"/> Whole Group Strategies Part 2 <input type="checkbox"/> Small Group Strategies and Individual Instruction <input type="checkbox"/> Lesson Closure <input type="checkbox"/> VIDEO CASE STUDIES: Pedagogy and Instructional Design (14:58)	<input type="checkbox"/> Web Resources <input type="checkbox"/> National Center for Education Statistics <input type="checkbox"/> U.S. Department of Education <input type="checkbox"/> Library of Education Terms <input type="checkbox"/> Books <input type="checkbox"/> Effective teaching methods: Research-based practices <input type="checkbox"/> The First Day of School: How to be at Your Best <input type="checkbox"/> Books: Inquiry for Learning <input type="checkbox"/> These and other resources can be found at: <input type="checkbox"/> http://www.abcte.org/teach/prepare-to-teach-workshops/professional-teaching-knowledge/instructional-design-delivery

Your Notes:

Note: The resources recommended outside of the ABCTE program are often freely accessible online or can be found in your library. To ease your search we have hyperlinked them.

1-877-668-2228 • www.abcte.org • advisor@abcte.org

Have a Plan
It is important to have a plan of attack to study. Block out set times to study and if you slip and miss a session, restart your plan instead of letting yourself get paralyzed and procrastinate.

U.S. HISTORY STUDY PLAN

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The Study Plan:

Your study plan includes direction on how to use American Board's resources. We also include recommended resources to aid in your mastery. You should also rate these resources whenever possible.

This plan is specified for the average 13 month period (4 months for PTK, 4 months for U.S. History, and 4 months for World History. 2 weeks to take each test) in which most people are able to complete the program. Many have completed the program in a shorter amount of time.

Area of Study	Required Resource	Recommended Resource	Timeline
<input type="checkbox"/> Discovery and Settlement of the New World <ul style="list-style-type: none"><input type="checkbox"/> Pre-Columbian indigenous settlements<input type="checkbox"/> New World explorations and explorers<input type="checkbox"/> New World settlements and the exchange between European settlers and indigenous peoples.	Review specific U.S. History standards and review related material in the following textbooks: Books <ul style="list-style-type: none"><input type="checkbox"/> Cracking the AP U.S. History Exam<input type="checkbox"/> Give Me Liberty! An American History	Books <ul style="list-style-type: none"><input type="checkbox"/> The American Past: A Survey of American History Vol I (to 1877)<input type="checkbox"/> Beyond 1492: Encounters in Colonial North America Web Resources <ul style="list-style-type: none"><input type="checkbox"/> Christopher Columbus Article Database	{Time}

Your Notes:

Note: This domain covers 3% of your exam. Make sure that you are familiar with the concepts and move on to a more dominant domain.

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Use a U.S. History survey text

The American Past, one of the anchor texts used to develop the exam, is recommended as your survey text. You can use another survey book whether it is from college, or from your library. It is important that you have access to a survey book because it will cover, in part, the various domains of the exam.

Area of Study	Required Resource	Recommended Resource	Timeline
<input type="checkbox"/> The Colonial Era The Founding of the Colonies <ul style="list-style-type: none"><input type="checkbox"/> The original English colonies<input type="checkbox"/> Demographic characteristics and colonial governments<input type="checkbox"/> Factors that led to the expansion of slavery The Growth of the Colonies <ul style="list-style-type: none"><input type="checkbox"/> Agricultural practices and trade<input type="checkbox"/> Conditions of enslaved and free Africans in the colonies<input type="checkbox"/> Major leaders of the First Great Awakening	Review specific U.S. History standards and review related material in the following textbooks: Books <ul style="list-style-type: none"><input type="checkbox"/> Cracking the AP U.S. History Exam<input type="checkbox"/> Give Me Liberty! An American History	Web Resources <ul style="list-style-type: none"><input type="checkbox"/> Early America Books <ul style="list-style-type: none"><input type="checkbox"/> The American Past: A Survey of American History Vol I (to 1877)<input type="checkbox"/> The Building of British North America<input type="checkbox"/> The War That Made America	{Time}

Your Notes:

When you see an unfamiliar concept in the standards, a good place to start is your survey text. Go to the index and look for the unknown person or term.

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Websites like Wikipedia and other unverified sources of information are *NOT* a good source of study. Much information found on the World Wide Web consists of unverified sources. Stick to verified sources with full citations.

Area of Study	Required Resource	Recommended Resource	Timeline
<p><input type="checkbox"/> Establishment and Growth of the republic</p> <p>The American Revolutionary era</p> <ul style="list-style-type: none"> <input type="checkbox"/> The Seven Years War <input type="checkbox"/> The Declaration of Independence <input type="checkbox"/> The War for Independence <input type="checkbox"/> The Articles of Confederation, Federalist Papers 10, 51, and 78, and the U.S. Constitution <p>The Early Republic</p> <ul style="list-style-type: none"> <input type="checkbox"/> Policies and political developments <input type="checkbox"/> John Marshall and Constitutional interpretation <input type="checkbox"/> The War of 1812 	<p>Review specific U.S. History standards and review related material in the following textbooks:</p> <p>Books</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cracking the AP U.S. History Exam <input type="checkbox"/> Give Me Liberty! An American History 	<p>Web Resources</p> <ul style="list-style-type: none"> <input type="checkbox"/> American Memory <input type="checkbox"/> The Founders Constitution <input type="checkbox"/> Founders Online <p>Books</p> <ul style="list-style-type: none"> <input type="checkbox"/> The Age of Federalism <input type="checkbox"/> The American Past: A Survey of American History Vol I (to 1877) <input type="checkbox"/> From Resistance to Revolution 	<p>{Time}</p>

Your Notes:

Resource Tip: The Candidate Services staff are not tutors, they are there to answer questions on how the program works and direct you to resources to aid in your studying. Candidate Services' job is to help you and hundreds of other candidates make it through the program. Candidate Services will take your questions when you call in, but if your question requires more discussion, they may book an appointment with you.

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If you use a resource that is helpful to you please use the star rating system on the U.S. history resource page. Rating a book or website will help other candidates like you decide which resources are most helpful.

Area of Study	Required Resource	Recommended Resource	Timeline
<input type="checkbox"/> The Jacksonian Era to the Civil War The Jacksonian Era <input type="checkbox"/> Policies and political developments during the presidency of Andrew Jackson <input type="checkbox"/> Religious and intellectual trends in antebellum America Developments Prior to the Civil War <input type="checkbox"/> Clay's American System <input type="checkbox"/> Manifest Destiny and westward expansion <input type="checkbox"/> Slavery in the south and the argument over slavery <input type="checkbox"/> Experiences of free and enslaved African-Americans	Review specific U.S. History standards and review related material in the following textbooks: Books <input type="checkbox"/> Cracking the AP U.S. History Exam <input type="checkbox"/> Give Me Liberty! An American History	Web Resources <input type="checkbox"/> American Memory Books <input type="checkbox"/> The Age of Jackson <input type="checkbox"/> The American Past: A Survey of American History Vol I (to 1877) <input type="checkbox"/> The Impending Crisis, 1848-1861	{Time}

Your Notes:

Test Day Tip: In case of an incident on test day, like a blackout, or computer failure, do not despair!, Report the incident immediately to the Pearson VUE test center personnel and then after the exam, contact your advisor. Minor incidents may not be considered problematic so continue the test to the best of your ability.

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Test Day Tip: Hydration – Did you know Gatorade has the same osmolarity as blood? That means it has the same concentration of salts and electrolytes and it makes it easier to absorb. It also means you go to the bathroom less than if you drink water.

Area of Study	Required Resource	Recommended Resource	Timeline
<ul style="list-style-type: none"><input type="checkbox"/> The Civil War and Reconstruction<input type="checkbox"/> Economies and cultures of the North and South<input type="checkbox"/> Presidential election of 1860<input type="checkbox"/> The presidency of Abraham Lincoln<input type="checkbox"/> Battles and participants of the Civil War<input type="checkbox"/> Plans for and issues and events of Reconstruction<input type="checkbox"/> Presidential election of 1876	<p>Review specific U.S. History standards and review related material in the following textbooks:</p> <p>Books</p> <ul style="list-style-type: none"><input type="checkbox"/> Cracking the AP U.S. History Exam<input type="checkbox"/> Give Me Liberty! An American History	<p>Web Resources</p> <ul style="list-style-type: none"><input type="checkbox"/> American Memory<input type="checkbox"/> The Lincoln Institute <p>Books</p> <ul style="list-style-type: none"><input type="checkbox"/> The American Past: A Survey of American History Vol I (to 1877)<input type="checkbox"/> Battle Cry of Freedom: The Civil War Era<input type="checkbox"/> A Short history of Reconstruction	{Time}

Your Notes:

Test Day Tip: Don't underestimate nutrition and fitness when taking standardized tests! This a four hour event and much like sporting events, it is necessary to eat right, hydrate well, and manage your energy. You want to avoid sugars; instead jumpstart your brain with a carbohydrate like toast or a bagel and follow with a protein for long term energy. Fruits or energy bars are good snacks but avoid stimulants if possible.

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Canceling your exam: If you need to reschedule or cancel your testing date for any reason, contact Pearson VUE at 1-866-899-6189. You **MUST** cancel your test session more than 48 hours before the testing time. If you do not reschedule/cancel your exam more than **48 hours** before the testing time, you will be subject to a no show charge of \$195. Please note that call center hours are Monday – Friday, 8:00 a.m. – 8:00 p.m. EST.

Area of Study	Required Resource	Recommended Resource	Timeline
<input type="checkbox"/> Post Civil War Period Through World War I Development of Post Civil War America <ul style="list-style-type: none"> <input type="checkbox"/> Sources of immigration <input type="checkbox"/> Worker unions and labor strikes <input type="checkbox"/> Continuing westward expansion <input type="checkbox"/> The populist movement and the Presidential election of 1896 The Progressive Era and America as a World Power <ul style="list-style-type: none"> <input type="checkbox"/> The individuals, movements, and events of the progressive era <input type="checkbox"/> The presidencies of Theodore Roosevelt and Woodrow Wilson <input type="checkbox"/> World War I and domestic and diplomatic consequences 	Review specific U.S. History standards and review related material in the following textbooks: Books <ul style="list-style-type: none"> <input type="checkbox"/> Cracking the AP U.S. History Exam <input type="checkbox"/> Give Me Liberty! An American History 	Web Resources <ul style="list-style-type: none"> <input type="checkbox"/> Civil Rights Movement <input type="checkbox"/> New Perspectives in the West Books <ul style="list-style-type: none"> <input type="checkbox"/> The Age of Reform <input type="checkbox"/> America and the Great War, 1914-1920 <input type="checkbox"/> The American Past: A Survey of American History Vol II (from 1877) 	{Time}

Your Notes:

Test Day Tip: Exam Familiarity – Did you know that your clock starts the moment you start the test? That means reading the instructions is art of the timed test. Knowing what the instructions say before you go into the testing center gives you a slight advantage. That way you simply skim through the instructions for any surprises and then get right into the exam.

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Test Day Tip: Did you know that the most important night to get a good night's sleep is not the night before but rather two nights before your exam? If you have ever pulled an all nighter, you will remember feeling pretty good the next day, though you end up falling asleep early. Get plenty of rest and take care of yourself the entire week for your exam.

Area of Study	Required Resource	Recommended Resource	Timeline
<p><input type="checkbox"/> The Roaring Twenties Through World War II</p> <p>The Roaring Twenties, Great Depression, and New Deal</p> <ul style="list-style-type: none"> <input type="checkbox"/> Trends after World War I <input type="checkbox"/> Causes and consequences of the global depression in the 1930s <input type="checkbox"/> President Roosevelt's policies; First and second New Deals <p>World War II</p> <ul style="list-style-type: none"> <input type="checkbox"/> Significant World War II battles, events, and figures <input type="checkbox"/> Domestic effects of America's involvement in World War II <input type="checkbox"/> America's response to the Holocaust <input type="checkbox"/> America's contribution to reconstruction in Asia and Europe 	<p>Review specific U.S. History standards and review related material in the following textbooks:</p> <p>Books</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cracking the AP U.S. History Exam <input type="checkbox"/> Give Me Liberty! An American History 	<p>Web Resources</p> <ul style="list-style-type: none"> <input type="checkbox"/> World War II Remembered <p>Books</p> <ul style="list-style-type: none"> <input type="checkbox"/> The American Past: A Survey of American History Vol II (from 1877) <input type="checkbox"/> Freedom from Fear: The American People in Depression and War, 1929-1945 <input type="checkbox"/> V was for Victory: Politics and American Culture during World War II 	<p>{Time}</p>

Your Notes:

Test Day Tip: Familiarity with the exam is one of the most important ways to get prepared. Start with the standards and the domains and make sure to study hard, but don't underestimate the importance of being familiar with test day. Visit your testing location before you have to test. Know what to expect by way of writing boards, computers, and waiting rooms. Realize that there will be administrative parts of the test you will have to complete in addition to the exam itself.

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Spread the Word: Though many people talk about teaching as a second career, few people act on it and make a difference.

Whether it is finding the means or the courage to take the first step in choosing a path, many people don't know a program like American Board even exists to simplify the process. The power of your actions can be the inspiration for the beginning of a career for friends or family.

Area of Study	Required Resource	Recommended Resource	Timeline
<input type="checkbox"/> Post World War II America The Cold War Era <input type="checkbox"/> Soviet and American ideologies <input type="checkbox"/> Causes, events, and outcomes of the Korean and Vietnam Wars <input type="checkbox"/> The African American Civil Rights movement <input type="checkbox"/> The women's rights movement <input type="checkbox"/> Political, environmental, and social justice movements Contemporary America <input type="checkbox"/> The end of the Cold War <input type="checkbox"/> Presidential election of 2000	Review specific U.S. History standards and review related material in the following textbooks: Books <input type="checkbox"/> Cracking the AP U.S. History Exam <input type="checkbox"/> Give Me Liberty! An American History	Web Resources <input type="checkbox"/> Civil Rights Movement Books <input type="checkbox"/> The Cold War <input type="checkbox"/> The American Past: A Survey of American History Vol II (from 1877)	{Time}

Your Notes:



Did you know that American Board is on Facebook? Come be an American Board fan.
<http://www.facebook.com/abcte>