

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
# 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.)	

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.

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%

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.

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 Resources	Recommended Resources
Discovery and Settlement of the New World ☐ Pre-Columbian indigenous settlements ☐ New World explorations and explorers ☐ 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 ☐ Cracking the AP U.S. History Exam ☐ Give Me Liberty! An American History	Web Resources ☐ Christopher Columbus Article Database Books ☐ The American Past: A Survey of American History Vol I (to 1877) ☐ Beyond 1492: Encounters in Colonial North America

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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Area of Study	Required Resources	Recommended Resources
The Colonial Era The Founding of the Colonies ☐ The original English colonies ☐ Demographic characteristics and colonial governments ☐ Factors that led to the expansion of slavery The Growth of the Colonies ☐ Agricultural practices and trade ☐ Conditions of enslaved and free Africans in the colonies ☐ Major leaders of the First Great Awakening	Review specific U.S. History standards and review related material in the following textbooks: Books ☐ Cracking the AP U.S. History Exam ☐ Give Me Liberty! An American History	Web Resources ☐ Archiving Early America Books ☐ The American Past: A Survey of American History Vol I (to 1877) ☐ The Peopling of British North America: An Introduction ☐ The War That Made America: A Short History of the French and Indian War

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.