

Licensing Coaching Guide: Series 7 Exam

Additional Resources:

NYL Questions?:
offsite_training@newyorklife.com

STC Customer Service:
1-800-STC-1223 (8am-7pm ET)

Instructor Hotline: 1-800-782-3926
M-F 9am-5pm ET)

Securities Instructor Support Email:
instructors@stcusa.com

[STC Live Class Schedule](#)



SIE EXAM OVERVIEW:

Total Questions: 125 Test Duration: 3.75 hrs Passing score: 72%

- Total Study Time: 80-90 hrs (7weeks)
- 20

On-demand Lectures: 24 hrs
- 20

Chapter Quizzes: 400 questions (20/Quiz)
- 10

Progress Exams: 200 questions (20/Exam)
- 8

Final Exams: 1080 total questions (135/Exam)
- 4

Supplemental Exams: 540 total questions (135/Exam)
- 2

Greenlight Exams: 270 total questions (135/Exam)
- 1,280

Flashcards

STUDY STEPS — WEEKLY BREAKDOWN:

Follow the Study Plan below:

After week 6 you should complete most of all of the Progress Exams and at least half of the Final Exams.

	A.	B.	C.	D.
Week	Total On-demand Lectures	Total Chapter Quizzes	Total Progress Exams	Final Exams
1	4	4	2	0
2	8	8	4	0
3	12	12	6	0
4	16	16	8	0
5	20	20	10	0
6	20	20	11	4
7	20	20	10	8
8	Take Series 7 Exam			

- A. On-Demand Lectures: Watch Recommended lectures per week.

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Use these as your primary resource for foundational knowledge.
- B. Chapter Quizzes: Take Recommended Quizzes per week.

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If your score is 65% or lower, rewatch the corresponding On-Demand lecture/review study manual and retake the Quiz.

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If improvement is still not evident, use the study manual to reinforce your understanding.
- C. Progress Exams: After completing necessary chapters Quizzes, take recommended progress exams each week.

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If your score is 65% or lower, revisit the chapters, rewatch lectures, and retake Quizzes before moving on.
- D. Final Exams: After completing all chapter Quizzes and progress exams, start working through the final exams.

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If your score is 65% or lower, review your weak areas, and continue to the next final exam (don't retake same exam until you've completed all final exams).
- E. Greenlight Exams (can be found under Progress Exams): 2 days before the S7 Exam, take 2 Greenlight exams.

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If your score is 70% or lower, consider postponing your exam and repeat process. Should you feel the need to postpone your exam, please contact your field manager.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Intro Call for Series 7 Complete Chapter 1 Watch on-demand (45 min) Complete Chapter Quiz (20 questions) If score is 65% or lower, review the ebook and repeat Quiz until score is above 65%	Complete Chapter 2 Watch on-demand (1 hr 10 min) Complete Chapter Quiz (20 questions) If score is 65% or lower, review the ebook and repeat Quiz until score is above 65%	Complete Chapter 3 Watch on-demand (58 min) Complete Chapter Quiz (20 questions) If score is 65% or lower, review the ebook and repeat Quiz until score is above 65%	Complete Chapter 4 Watch on-demand (1 hr 9 min) Complete Chapter Quiz (20 questions) If score is 65% or lower, review the ebook and repeat Quiz until score is above 65%	Take Progress Exams 1A and 1B
Week 2	Complete Chapter 5 Watch on-demand (1 hr 27 min) Complete Chapter Quiz (20 questions) If score is 65% or lower, review the ebook and repeat Quiz until score is above 65%	Complete Chapter 6 Watch on-demand (43 min) Complete Chapter Quiz (20 questions) If score is 65% or lower, review the ebook and repeat Quiz until score is above 65%	Complete Chapter 7 Watch on-demand (1 hr 24 min) Complete Chapter Quiz (20 questions) If score is 65% or lower, review the ebook and repeat Quiz until score is above 65%	Complete Chapter 8 Watch on-demand (52 min) Complete Chapter Quiz (20 questions) If score is 65% or lower, review the ebook and repeat Quiz until score is above 65%	Take Progress Exams 2A and 2B
Week 3	Complete Chapter 9 Watch on-demand (1 hr 27 min) Complete Chapter Quiz (20 questions) If score is 65% or lower, review the ebook and repeat Quiz until score is above 65%	Complete Chapter 10 Watch on-demand (49 min) Complete Chapter Quiz (20 questions) If score is 65% or lower, review the ebook and repeat Quiz until score is above 65%	Complete Chapter 11 Watch on-demand (48 min) Complete Chapter Quiz (20 questions) If score is 65% or lower, review the ebook and repeat Quiz until score is above 65%	Complete Chapter 12 Watch on-demand (3 hr 23 min) Complete Chapter Quiz (20 questions) If score is 65% or lower, review the ebook and repeat Quiz until score is above 65%	Take Progress Exams 3A and 3B
Week 4	Complete Chapter 13 Watch on-demand (2 hr 6 min) Complete Chapter Quiz (20 questions) If score is 65% or lower, review the ebook and repeat Quiz until score is above 65%	Complete Chapter 14 Watch on-demand (49 min) Complete Chapter Quiz (20 questions) If score is 65% or lower, review the ebook and repeat Quiz until score is above 65%	Complete Chapter 15 Watch on-demand (41 min) Complete Chapter Quiz (20 questions) If score is 65% or lower, review the ebook and repeat Quiz until score is above 65%	Complete Chapter 16 Watch on-demand (30 min) Complete Chapter Quiz (20 questions) If score is 65% or lower, review the ebook and repeat Quiz until score is above 65%	Take Progress Exams 4A and 4B
Week 5	Complete Chapter 17 Watch on-demand (1 hr 46 min) Complete Chapter Quiz (20 questions) If score is 65% or lower, review the ebook and repeat Quiz until score is above 65%	Complete Chapter 18 Watch on-demand (56 min) Complete Chapter Quiz (20 questions) If score is 65% or lower, review the ebook and repeat Quiz until score is above 65%	Complete Chapter 19 Watch on-demand (43 min) Complete Chapter Quiz (20 questions) If score is 65% or lower, review the ebook and repeat Quiz until score is above 65%	Complete Chapter 20 Watch on-demand (1 hr 18 min) Complete Chapter Quiz (20 questions) If score is 65% or lower, review the ebook and repeat Quiz until score is above 65%	Take Progress Exams 5A and 5B
Week 6	Complete Final Exam 1 (1.5 hrs) If your score is 65% or lower, review your weak areas, and continue to the next final exam (don't retake same exam until you have completed all final exams)	Complete Final Exam 2 (1.5 hrs) If your score is 65% or lower, review your weak areas, and continue to the next final exam (don't retake same exam until you have completed all final exams)	Complete Final Exam 3 (1.5 hrs) If your score is 65% or lower, review your weak areas, and continue to the next final exam (don't retake same exam until you have completed all final exams)	Complete Final Exam 4 (1.5 hrs) If your score is 65% or lower, review your weak areas, and continue to the next final exam (don't retake same exam until you have completed all final exams)	Complete Greenlight Exam 1 Review all the incorrect answers from Final Exams and Greenlight exam 1 Review Crunch Time Facts
Week 7	Complete Final Exam 5 (1.5 hrs) If your score is 65% or lower, review your weak areas, and continue to the next final exam (don't retake same exam until you have completed all final exams)	Complete Final Exam 6 (1.5 hrs) If your score is 65% or lower, review your weak areas, and continue to the next final exam (don't retake same exam until you have completed all final exams)	Complete Final Exam 7 (1.5 hrs) If your score is 65% or lower, review your weak areas, and continue to the next final exam (don't retake same exam until you have completed all final exams)	Complete Final Exam 8 (1.5 hrs) If your score is 65% or lower, review your weak areas, and continue to the next final exam (don't retake same exam until you have completed all final exams)	Complete Greenlight Exam 2 Review all the incorrect answers from Final Exams and Greenlight exam 2
Week 8	Take Series 7 Exam				

If you are interested in taking an STC Class, click here for class schedule: [National Securities Class Schedules | STC](#)