Exam Prep: 5 Day Study Plan

When you have a large amount of material to study for a test, commit yourself to about 2 hours per day of very structured study time.

FIRST… GET ORGANIZED:
The 5-Day Study Plan begins with dividing the material you need to study (e.g. chapters in your text and corresponding lecture notes) into 4 equal parts: A, B, C, & D (with "A" being the older material and "D" being the most recently covered material). For example, if chapters 1-8 of your Math text will be on your upcoming test, you can divide them as follows: A= Chapters 1-2, B= Chapters 3-4, C=Chapters 5-6, D=Chapters 7-8.

List your four groups of study materials here:

A: _____

B: _____

C: _____

D: _____

NEXT . . . SELECT PREPARATION AND REVIEW STRATEGIES:
For each of your four groups of study materials (A, B, C, D), you will need to select 2-3 PREPARATION and REVIEW strategies. Take a look at the examples below:

Preparation:
Each day you will prepare ONE section of material to review the following day. Preparing includes tasks such as:

- making flash cards
- taking notes from your text book
- creating a study sheet
- organizing & summarizing class notes
- predicting essay questions & their answers
- predicting multiple choice questions drawing a mind map
- drawing diagrams listing practice problems and/or formula
- reviewing study guides
  etc.
- collect quizzes and previous tests

Review:
Each day (except for day 1) you will review the material you prepared previous. Reviewing includes tasks such as:

- practicing with flash cards
- reciting main ideas from your notes without looking; writing notes from memory
- quizzing yourself on the predicted essay or multiple choice questions
- re-creating mind maps or diagrams from memory
- completing practice problems and reciting formula from memory
- explaining concepts to study group members or classmates etc.
- review quizzes and previous tests
- reach out to faculty, tutor, or TA with topics you don't understand

CREATE YOUR 5-DAY STUDY PLAN

Select 2-3 PREPARATION and REVIEW strategies for each of your four groups of study materials, and list them in your 5-day study plan chart. Make sure that your review strategies complement your preparation strategies. Ex: PREPARE strategies: create outline, make flashcards. REVIEW strategies: review flashcards, self-quiz on outline. Then, follow the plan, noting the rotation of the different groups of materials (A, B, C, D) and how much time is spent on each one.

Day 1	Day 2	Day 3	Day 4	Day 5
Prepare Part A: 2hrs	Prepare Part B: 2hrs Review Part A: 30 min.	Prepare Part C: 1.5hrs Review Part B: 30 min. Review Part A: 15 min.	Prepare Part D: 1 hr Review Part C: 30 min Review Part B: 15 min Review Part A: 15 min	Review Part D: 25 min Review Part C: 15 min Review Part B: 10 min Review Part A: 10 min Self-test on A,B,C,D: 1 hr
TOTAL: 2 hrs	**TOTAL: 2.5 hrs**	**TOTAL: 2 hr, 15 min**	**TOTAL: ~ 2 hrs**	**TOTAL: ~ 2 hrs**
Prepare: Review:	Prepare: Review:	Prepare: Review:	Prepare: Review:	Prepare: Review: