5 – DAY STUDY PLAN

Remember to be flexible – adapt this plan accordingly – You might need only a 4-Day Plan for some exams but you may need a 7-Day Plan for others.

- **Space Learning**
  - Count back from exam day 5 days
  - If one or more of those days is very busy, add another day to give you 5 days
  - Never leave out the day right before the exam

- **Divide the material**
  - Divide material (include text, lecture notes and any other supplemental information) by major topic or by chapters
  - Start with the oldest chapter or material first
  - Stay flexible, modify the plan as necessary

**Use Active Preparation Strategies - ICOW – Identify, Condense, Organize, & Write** what you need to learn (Use at least three different to be effective)

  - create study sheets
  - develop concept maps
  - make word cards
  - outline
  - predict questions in the margin of text
  - list steps in a process
  - do study guides
  - answer the questions at the end of the chapter
  - predict possible essay questions
  - plan essay answers
  - write essay answers

  - recite or rewrite study sheets
  - replicate concept maps
  - recite word cards
  - recite a list of 20 (or 30 or 40)
  - recite main points from an outline
  - recite steps from memory
  - take self-tests
  - write essay answers from memory
  - practice writing formulas
  - practice study guide info out loud or by re-writing

**Use Active Review Strategies – RE-USE – Rehearse, Extend, Understand, Self-test, & Evaluate** your learning

**Sample 5-Day Study Plan for exam on Monday**

<table>
<thead>
<tr>
<th>Day</th>
<th>Task</th>
<th>Material</th>
<th>Strategy</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues</td>
<td>Prepare</td>
<td>Ch 1</td>
<td>Develop Study Sheet</td>
<td>2 hrs</td>
</tr>
<tr>
<td>Wed</td>
<td>Prepare</td>
<td>Ch 2</td>
<td>Develop Study Sheet</td>
<td>2 hrs</td>
</tr>
<tr>
<td></td>
<td>Review</td>
<td>Ch 1</td>
<td>Make Self Test</td>
<td>30 min</td>
</tr>
<tr>
<td>Thurs</td>
<td>Prepare</td>
<td>Ch 3</td>
<td>Develop Study Sheet</td>
<td>2 hrs</td>
</tr>
<tr>
<td></td>
<td>Review</td>
<td>Ch 2</td>
<td>Make Self Test</td>
<td>30 min</td>
</tr>
<tr>
<td></td>
<td>Review</td>
<td>Ch 1</td>
<td>Predict &amp; Practice Essay Questions</td>
<td>15 min</td>
</tr>
<tr>
<td>Sat</td>
<td>Prepare</td>
<td>Ch 4</td>
<td>Develop Study Sheet</td>
<td>1 ½ hrs</td>
</tr>
<tr>
<td></td>
<td>Review</td>
<td>Ch 3</td>
<td>Make Self Test</td>
<td>30 min</td>
</tr>
<tr>
<td></td>
<td>Review</td>
<td>Ch 2</td>
<td>Predict &amp; Practice Essay Questions</td>
<td>15 min</td>
</tr>
<tr>
<td></td>
<td>Review</td>
<td>Ch 1</td>
<td>Recite Study Sheet info</td>
<td>10 min</td>
</tr>
<tr>
<td>Sun</td>
<td>Review</td>
<td>Ch 4</td>
<td>Make Self Test Predict &amp; Practice Essay Questions</td>
<td>30 min</td>
</tr>
<tr>
<td></td>
<td>Review</td>
<td>Ch 3</td>
<td>Predict &amp; Practice Essay Questions</td>
<td>20 min</td>
</tr>
<tr>
<td></td>
<td>Review</td>
<td>Ch 2</td>
<td>Recite Study Sheet info</td>
<td>10 min</td>
</tr>
<tr>
<td></td>
<td>Review</td>
<td>Ch 1</td>
<td>Recite Study Sheet info</td>
<td>10 min</td>
</tr>
<tr>
<td></td>
<td>Self-test</td>
<td></td>
<td></td>
<td>1 hr</td>
</tr>
</tbody>
</table>
Study Smarter!
Use a
5-DAY STUDY PLAN

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