

## 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

### Use Active Review Strategies – RE-USE –

**Rehearse, Extend, Understand, Self-test, & Evaluate** your learning

- 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

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

Day	Task	Material	Strategy	Time
Tues	Prepare	Ch 1	Develop Study Sheet	2 hrs
Wed	Prepare	Ch 2	Develop Study Sheet	2 hrs
	Review	Ch 1	Make Self Test	30 min
Thurs	Prepare	Ch 3	Develop Study Sheet	2 hrs
	Review	Ch 2	Make Self Test	30 min
	Review	Ch1	Predict & Practice Essay Questions	15 min
Sat	Prepare	Ch 4	Develop Study Sheet	1 ½ hrs
	Review	Ch 3	Make Self Test	30 min
	Review	Ch 2	Predict & Practice Essay Questions	15 min
	Review	Ch 1	Recite Study Sheet info	10 min
Sun	Review	Ch 4	Make Self Test Predict & Practice Essay Questions	30 min
	Review	Ch 3	Predict & Practice Essay Questions	20 min
	Review	Ch 2	Recite Study Sheet info	10 min
	Review	Ch 1	Recite Study Sheet info	10 min
	Self-test			1 hr

Day	Task	Material	Strategy	Time

**Study Smarter!  
Use  
a  
5-DAY  
STUDY PLAN**

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