**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 Psychology 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:

Each day (except for day 1) you will review the

**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 textbook
* 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.

**LAST… REVIEW (Next page)**

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 formulae from memory
* explaining concepts to study group members or classmates etc.

# 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.

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| 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 minReview Part B: 15 min | Review missed questions on self-test: 30 minReview Part D: 20 min |
|  |  |  | Review Part A: 15 min | Review Part C: 10 min |
|  |  |  | Self-test on A, B, C, D: 1 hr | Review Part B: 10 min |
|  |  |  |  | Review Part A: 10 min |
| **TOTAL: 2 hrs** | **TOTAL: 2.5 hrs** | **TOTAL: 2 hr, 15 min** | **TOTAL: 3 hrs** | **TOTAL: ~ 2 hrs** |
| Prepare:Review: | Prepare:Review: | Prepare:Review: | Prepare:Review: | Prepare:Review: |



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