



THE FIVE DAY STUDY PLAN

The keys to a Five Day Study Plan include:

- Start early
- Use short, frequent study sessions
- Space out your learning over a period of 5 days

You will perform better on an exam if you spend one hour studying each day for 20 days than if you spend 10 hours studying for two days before an exam.

- During each day,
 - 1st – Prepare a new chapter or chunk of information
 - 2nd – Review previous material
- Use active learning strategies (writing and reciting) to study the material
- Use self-testing techniques to monitor your learning

Preparation Strategies	Review Strategies
Develop study sheets	Recite study sheets
Develop concept maps	Replicate concept maps
Make word cards	Recite word cards
Make question cards	Recite question cards
Make problem cards	Practice writing formulas
Make self-tests	Take self-tests
Do study guides	Practice study guide info out loud
Outline	Recite main points from outline
Summarize material	Recite notes
Predict essay questions	Answer essay questions
Answer end of the chapter questions	Practice reciting main points
Prepare material for study group	Explain material to study group
Re-mark text material	Take notes on re-marked text material
Do sample problems	Do “missed” problems
Complete on-line reviews	Review on-line reviews
Chart related material	Recreate charted material
List steps in the process	Recite steps from memory
Make a list of 20 topics that would be on the exam	Recite list of 20

HOW TO MAKE A FIVE DAY STUDY PLAN

1. Break the material into chunks. If it can be divided by chapter, use that. If not, make up your own chunks based on the structure of the material.
2. Plan to spend about 2 hours studying on each of the five days.
3. Work on the material in 2 ways:
 - a. Prepare
 - b. Review

EXAMPLE OF A FIVE DAY STUDY PLAN

Tuesday		
Prepare	1 st Chunk	2 hours
Wednesday		
Prepare	2 nd Chunk	2 hours
Review	1 st Chunk	30 minutes
Thursday		
Prepare	3 rd Chunk	1 ½ hours
Review	2 nd Chunk	30 minutes
Review	1 st Chunk	15 minutes
Friday		
Prepare	4 th Chunk	1 hour
Review	3 rd Chunk	30 minutes
Review	2 nd Chunk	15 minutes
Review	1 st Chunk	10 minutes
Saturday		
Review	4 th Chunk	30 minutes
Review	3 rd Chunk	20 minutes
Review	2 nd Chunk	10 minutes
Review	1 st Chunk	10 minutes
Self-Test		1 hour

