

5-Day Study Plan

Step #1: Get Organized

Start by writing down your exam information so you know what to prepare for:

- Course Name:
- Exam Date:
- Exam Time:
- Exam Location:
- Material Covered on Exam:

Step #2: Divide Material

Next, you should divide the material you need to study into 4 equal parts: A, B, C, & D. (Part A should be the oldest material and Part D should be the most recent material covered).

Example: If your exam covers Chapter 1-8 of your Biology Textbook, you can divide them as follows: A=Chapters 1-2, B=Chapters 3-4, C=Chapters 5-6, and D=Chapters 7-8.

A: _____

B: _____

C: _____

D: _____

Step #3: Choose Preparation and Review Strategies

Preparation Strategies:

Identify, organize, and consolidate material

- Making flashcards
- Taking notes from your textbook
- Developing study sheets or study guides
- Outlining and/or summarizing material
- Organizing & summarizing class notes
- Predicting essay questions and their answers
- Predicting multiple choice questions
- Drawing diagrams or creating concept maps
- Listing practice problems and/or formulas
- Compiling questions at the end of each chapter

Review Strategies

Self-test and evaluate your learning

- Practicing flashcards
- Explaining or teaching concepts to others
- Reciting main ideas from your notes in your own words (without looking at notes)
- Working practice problems and reciting formula from memory
- Quizzing yourself on the predicted test questions (try to mimic test conditions)
- Working the problems that you missed on quizzes, HW, or at the end of the chapter
- Outlining answers to essay questions from memory

Step #4: Create Your 5-Day Study Plan

Day 1	Day 2	Day 3	Day 4	Day 5
<p><i>Prepare Part A: 2 hrs</i></p> <p>TOTAL: 2 hours</p>	<p><i>Prepare Part B: 2 hrs</i> <i>Review Part A: 30 min</i></p> <p>TOTAL: 2.5 hours</p>	<p><i>Prepare Part C: 1.5 hrs</i> <i>Review Part B: 30 min</i> <i>Review Part A: 15 min</i></p> <p>TOTAL: 2 hour, 15 min</p>	<p><i>Prepare Part D: 1 hr</i> <i>Review Part C: 30 min</i> <i>Review Part B: 15 min</i> <i>Review Part A: 15 min</i></p> <p>TOTAL: 2 hours</p>	<p><i>Review Part D: 25 min</i> <i>Review Part C: 15 min</i> <i>Review Part B: 10 min</i> <i>Review Part A: 10 min</i> <i>Self-test on A,B,C,D: 1 hr</i></p> <p>TOTAL: 2 hours</p>
<p>Prepare Strategies:</p>	<p>Prepare Strategies:</p> <p>Review Strategies:</p>	<p>Prepare Strategies:</p> <p>Review Strategies:</p>	<p>Prepare Strategies:</p> <p>Review Strategies:</p>	<p>Review Strategies:</p>

Adapted from:

- Iowa State University's Academic Success Center
- Cornell University's Learning Strategies Center
- Texas A&M's Academic Success Center



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