



FIVE-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:

Ex. Topics/Chapters

Step 2: Divide Material

Next, you should divide the material you need to study into four equal parts: A, B, C, and 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:

C:

B:

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 and 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, homework, or at the end of the chapter
- Outlining answers to essay questions from memory



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Step 4: Create Your Five-Day Study Plan

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<i>Prepare Part A: 2 hours</i>	<i>Prepare Part B: 2 hours Review Part A: 30 minutes</i>	<i>Prepare Part C: 1.5 hours Review Part B: 30 minutes Review Part A: 15 minutes</i>	<i>Prepare Part D: 1 hour Review Part C: 30 minutes Review Part B: 15 minutes Review Part A: 15 minutes</i>	<i>Review Part D: 25 minutes Review Part C: 15 minutes Review Part B: 10 minutes Review Part A: 10 minutes Self-test on A,B,C,D: 1 hour</i>
TOTAL: 2 hours	TOTAL: 2 hours, 30 minutes	TOTAL: 2 hours, 15 minutes	TOTAL: 2 hours	TOTAL: 2 hours
PREPARE STRATEGIES	PREPARE STRATEGIES	PREPARE STRATEGIES	PREPARE STRATEGIES	REVIEW STRATEGIES

REVIEW STRATEGIES REVIEW STRATEGIES REVIEW STRATEGIES