

## **The Five Day Study Plan**

The key to performing well on exams is starting early and using short, frequent study sessions. The human brain learns academic material faster and better if studied in brief blocks of time spread out over longer periods of time. For example, 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 each day for two days before an exam. With that said, this tool is to be used as a major review method for the week before an exam.

Keys to the Five Day Plan:

- You space out your learning over a period of 5 days
- During each day, you prepare a new chapter or chunk of information, then review previous material
- Divide material so you can work on it in chunks (ideally chapters or sections)
- Use active learning strategies (practice testing, teaching to others, etc.) to study the material

### **How to Make a Five Day Plan**

1. Break the material into chunks. If it can be divided by chapter, use that. If not, create 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. You work on the material in 2 ways: You prepare a study tool and then you review it

### **Sample of a Five Day Plan:**

Tuesday: Prepare 1st chunk– approx. 1.5 hours

Wednesday: Prepare 2nd chunk– approx. 1.5 hours, then review 1st chunk 30 minutes

Thursday: Prepare 3rd chunk approx. 1.5 hours, then review 2nd chunk 30 minutes and 1st chunk 15 minutes

Friday: Prepare 4th chunk– approx. 1 hour, then review 3rd chunk 30 minutes, 2nd chunk 15 minutes, and 1st chunk 10 minutes

Sunday: Review 4th chunk 30 minutes, 3rd chunk 20 minutes, 2nd chunk 10 minutes, and 1st chunk 10 minutes

Practice test covering all material

Monday: Exam Day

## My 5 Day Study Plan

1. What is the format of the exam? (multiple choice, essay, fill in blank, etc.)
2. What material will be covered on the exam? (chapters, sections, etc.)
3. How will I break it down into manageable sections?
4. How well do I understand the content? (rate yourself 1-4 on each section. 1 means it needs a lot of work, 4 means you could teach it to the class)
5. When will I study each section? (fill out chart below to complete your 5 day study plan. Remember, the 5 days can span over a 7 day period, offering a couple days of rest time.)

Day + Time	What will I prepare?	How will I prepare it?	What will I review?	How will I review it?