A 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. By carefully following this approach, you will be able to systematically cover all of your material.

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 of the PREPARATION and REVIEW strategies listed below.

**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 text book
- 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 formulae
- reviewing study guides
- etc.

**Review:**
Each day (except for the first) you will review the material you prepared the day before.

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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