



## The Five-Day Study Plan

### Start Early:

- The key to performing well on exams is to begin studying early and use short, frequent sessions.
- You will learn the material faster and more comprehensively when you use shorter sessions over a long period of time, rather than cramming right before an exam.
- When you start early, it is important to prioritize and plan when, what, and how you will study the exam material.
- Creating a plan in advance of every exam will help you improve your focus, confidence, manage stress, and be successful.

### The Five-Day Study Plan:

- The Five-Day Study Plan is an excellent strategy to help you prioritize and plan in advance.
- It uses two distinct study approaches: preparation (active) and review (passive). When used together, they stimulate learning and memory, which helps you recall the information better during the exam.
- The Five-Day Study Plan recommends that you spend a maximum of two and a half hours each day preparing for *each exam*.
- You should create a Five-Day Study Plan for each exam you have to write.
- If you have a few exams in a short period of time, your study plans will likely overlap on certain days. You may have to schedule a study session for one exam in the morning, take a break, and then schedule a study session for another exam in the afternoon or in the evening.
- Please keep in mind that the Five-Day Study Plan is based on a typical university exam. Depending on learning preferences and exam difficulty, some students may find five days is not enough time for them to prepare. Also, this approach will only be effective if you have gone to class and taken notes consistently throughout the semester. If you haven't, it is recommended that you take the time to catch up on the course material before you begin the Five-Day Study Plan.

### If You Have to Cram:

- When your only option is to cram, try not to learn too much new information, but focus on the information you already know.
- It's difficult to remember information that you only just learned the night before, so it's usually better to try to do really well on the areas that you've already learned throughout the semester.



## Steps to Creating a Five-Day Study Plan

1. Look at the exam review that is provided before the exam. Pay attention to the material and the format of the questions (multiple choice, short answer, essay, etc.)
  
2. Break down the exam material into four separate chunks. The chunks will be based on the structure and difficulty of the material. Chunk 1 will be the most challenging material, which you will spend the most time on. Chunk 4 will be the material you already know quite well and will require far less time.
  
3. Plan to spend between 1.5-2.5 hours studying on each the five days, for each exam.
  
4. Study the material in two ways: preparing and reviewing. Preparing refers to active studying (focuses on learning). Reviewing refers to passive studying (focuses on memory). Refer to the next page for examples of both of these strategies.

<b>Tuesday:</b>	<i>Prepare</i> 1st chunk      2 hours
<b>Wednesday:</b>	<i>Prepare</i> 2nd chunk      2 hours <i>Review</i> 1st chunk      30 minutes
<b>Thursday:</b>	<i>Prepare</i> 3rd chunk      1.5 hours <i>Review</i> 2nd chunk      30 minutes <i>Review</i> 1st chunk      15 minutes
<b>Friday:</b>	<i>Prepare</i> 3rd chunk      1 hour <i>Review</i> 2nd chunk      30 minutes <i>Review</i> 1st chunk      15 minutes <i>Review</i> 1st chunk      10 minutes
<b>Saturday:</b>	<i>Review</i> 4th chunk      30 minutes <i>Review</i> 3rd chunk      20 minutes <i>Review</i> 2nd chunk      10 minutes <i>Review</i> 1st chunk      10 minutes <i>Self-Test</i>

## Examples of Preparation Strategies and Review Strategies:

### **Preparation Strategies:**

Develop study sheets  
 Develop concept maps  
 Make word cards  
 Make question cards  
 Make formula cards  
 Make problem cards  
 Make self-tests  
 Do study guides  
 Re-mark test material  
 Make a list of 20 topics that would be on the exam  
 Define the list of 20  
 Do problems  
 Outline  
 Summarize material  
 Chart related material  
 List steps in the process  
 Predict essay questions  
 Plan essay answers  
 Write essay answers  
 Answer questions at the end of the chapter  
 Prepare material for study group

### **Review Strategies:**

Recite study sheets  
 Replicate concept maps  
 Recite word cards  
 Recite question cards  
 Practice writing formulas  
 Work problems  
 Take self-tests  
 Practice study guide info out loud  
 Take notes on re-marked text  
 Recite list of 20  
 Do “missed” problems  
 Recite main points from outline  
 Recite notes from recall cues  
 Recite out loud  
 Re-create chart from memory  
 Recite steps from memory  
 Answer essay questions  
 Practice reciting main points  
 Write essay answers from memory  
 Recite answers  
 Explain material to group members or study partners

### **Choosing the Right Strategies**

You can choose any strategy that you’d like, but make sure that it is consistent with format for the exam. For example, choose an essay study strategy if this is the format of the exam. If the exam is multiple choice, concept maps and/or word cards might be more effective.

On the next page, you can follow the schedule from the previous page and choose appropriate strategies from this page to create a Five-Day Study Plan.

## Five-Day Study Plan Schedule

Day 1	Date: Thursday Nov 30 <sup>th</sup>		
	<b>Topics/Chapters</b>	<b>Preparation/Review Strategy</b>	<b>Length of Time</b>
e.g.	(chunk one)  Chapter 5&6	<u>Preparation:</u> Create study guide	2 hours

Day 2	Date: Friday Nov 31 <sup>st</sup>		
	<b>Topics/Chapters</b>	<b>Preparation/Review Strategy</b>	<b>Length of Time</b>
e.g.	(chunk two)  Chapters 7&8	<u>Preparation:</u> Create concept map	2 hours
	(chunk one)  Chapter 5&6	<u>Review:</u> Replicate study guide	30 minutes

Day 3	Date: Saturday Dec 1st		
	<b>Topics/Chapters</b>	<b>Preparation/Review Strategy</b>	<b>Length of Time</b>
	(chunk three)  Chapters 3&4	<u>Preparation:</u> Create formula cards	1.5 hour
	(chunk two)  Chapters 7&8	<u>Review:</u> Replicate concept map	30 mins
	(chunk one)  Chapter 5&6	<u>Review:</u> Replicate study guide	15 mins

Day 4	Date: Sunday Dec 2nd		
	<b>Topics/Chapters</b>	<b>Preparation/Review Strategy</b>	<b>Length of Time</b>

	(chunk three) Chapters 3&4	<u>Preparation:</u> Create self-test	1 hour
	(chunk two) Chapters 7&8	<u>Review:</u> Replicate concept map	30 mins
	(chunk one) Chapter 5&6	<u>Review:</u> Replicate study guide	15 mins
	(chunk one) Chapter 5&6	<u>Review:</u> Replicate study guide	10 mins

Day 5	Date: Monday Dec 4th		
	<b>Topics/Chapters</b>	<b>Preparation/Review Strategy</b>	<b>Length of Time</b>
	(chunk four) Chapters 1&2	<u>Review:</u> Replicate study guide	30 mins
	(chunk three) Chapters 3&4	<u>Review:</u> Replicate formula cards/answer self-test questions	20 mins
	(chunk two) Chapters 7&8	<u>Review:</u> Replicate concept map	10 mins
	(chunk one) Chapter 5&6	<u>Review:</u> Replicate study guide	10 mins