



The Five Day Study Plan

Start Early:

More than any other technique, 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 on an exam if done in brief blocks of time spread out over longer periods of time, rather than in a few lengthy sessions. 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.

On Cramming:

If you have to cram, try to focus on remembering the information you do know rather than trying to teach yourself new information. You will typically not remember what you tried to learn the night before the exam, anyway, so it is best to make sure you REALLY know some part of the information for the test. If you do have a few days, try to spread the studying out so you are not doing it all in one night.

If you plan ahead, many students have found the Five Day Study Plan gets good results.

Keys to the Five Day Plan:

1. You space out your learning over a period of 5 days.
2. During each day, you prepare a new chapter or chunk of information, and then review previous material.
3. Divide material so you can work on it in chunks.
4. Use active learning strategies (writing and reciting) to study the material.
5. Use self-testing techniques to monitor your learning.

Eight to ten hours of studying may be required to get an A or a B on an exam. This is just a general guideline. You may need to allot more or less time depending on the difficulty of the class.

How to Make The Five Day Study Plan

1. Break the material into chunks. If it can be divided by chapter, use that. If not, make up 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, and you review.

Tuesday:

Prepare 1st chunk 2 hours

Wednesday:

Prepare 2nd chunk 2 hours

Review 1st chunk 30 minutes

Thursday:

Prepare 3rd chunk 1- 1/2 hours

Review 2nd chunk 30 minutes

Review 1st chunk 15 minutes

Friday:

Prepare 3rd chunk 1 hour

Review 2nd chunk 30 minutes

Review 1st chunk 15 minutes

Review 1st chunk 10 minutes

Sunday:

Review 4th chunk 30 minutes

Review 3rd chunk 20 minutes

Review 2nd chunk 10 minutes

Review 1st chunk 10 minutes

Self-Test

Examples of Preparation Strategies and Review Strategies:

<u>Preparation Strategies:</u>	<u>Review Strategies:</u>
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	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

Examples of Student's Plans:

Example 1

Saturday	
	1-1/2 hours
Prepare Ch. 15	
1. Review notes from reading. Reread highlighted feature	
2. Make cards for cash dividends and dividend dates	
3. Make study cards for reasons for Issuing Stock Dividends	
4. Make a definition sheet	
5. Do all the examples and problems assigned	
6. Review Study Guide	
Review Ch. 14	1/2 hour
1. Go over card for corporation lists	
2. Self-test on definitions	
3. Review all examples and problems assigned	
4. Review Study Guide	

Example 2

Sunday
<u>12:00-1:00pm (1 hour)</u>
- Review and highlight notes on Rockefeller, Carnegie, and Morgan
- Compile summary sheets from lecture and text notes
- Write questions in the margins of textbook
<u>1:15-2:15pm (1 hour)</u>
- Recite industrial revolution questions and answers
<u>2:30-3:30pm (1 hour)</u>
- Recite railroad questions and answers