

How to Make a Five-Day Plan

The five-day study plan is designed so that you work on the material in two ways: You prepare (organize the material), and then you review (learn it). In this way, you maximize your mastery of course material by taking advantage of the way your brain learns best: organize material and connect new information with information that is already stored in your long-term memory. Rather than try to assimilate new material in a marathon study session the day before an exam, you schedule and plan five study sessions (at least 2 hours each) over a period of five days. Begin by dividing the material into four approximately equal parts or chunks of information. During each day, prepare study materials for one chunk and then review previous material. You use active learning strategies to study the material and then self-test to ensure that you have learned it.

Preparation strategies	Review strategies
Create flash cards <ul style="list-style-type: none"> • Words and definitions • Questions and answers • Names and dates • Other simple factual information 	Work with flash cards <ul style="list-style-type: none"> • By yourself or with a partner • write or speak • If you know an answer, put the card in a separate pile and spend more time with cards you don't know
Create study sheets containing definitions, formulas, dates, etc. <ul style="list-style-type: none"> • Outlines • Charts • Diagrams 	Rewrite study sheets without looking at originals Explain the information to a partner or study group
Prepare your notes and text for review <ul style="list-style-type: none"> • Organize notes by topic or chapter • Take notes from the text 	Work with your notes (don't just read them!) <ul style="list-style-type: none"> • Re-write notes • Reduce notes to the very most important points • Highlight or mark notes • Highlight or mark text
Anticipate test questions <ul style="list-style-type: none"> • Write questions in the margins of your notes or text next to where the answers are found in the notes or text • Create a test that includes the kind of questions that will be on the exam (i.e., true/false, definitions, multiple choice) (don't use the questions in your text) 	Practice your test <ul style="list-style-type: none"> • Cover the text, and see if you can answer the questions in the margins • Take your test. Pay particular attention to writing out answers to essay questions
Select practice problems from your text or online. Print them out, leaving space to do the problems	Solve problems without looking at your text/notes
Prepare material for tutoring session or study group Mark parts of text or your notes that you do not understand Find math problems that you are having difficulty solving List topics or concepts that you need to learn	Participate actively in the tutoring or study group session Take new notes that clearly explain difficult material in your own words Explain in your own words how you do each step of solving math problems. Verbally "teach" the material to your tutor or study buddies

Five Day Plan Worksheet

Use the preparation and review strategies from the above to create a five-day study plan for an upcoming exam or project. In a few sentences, briefly describe the exam or project, and then make a plan for what you'll do on each of your seven days. Be as specific as possible.

CLASS/TEST:	
DAY ONE Prepare first chunk (2 hours)	
DAY TWO Prepare second chunk (2 hours) Review first chunk (30 minutes)	
DAY THREE Prepare third chunk (1.5 hours) Review second chunk (30 minutes) Review first chunk (15 minutes)	
DAY FOUR Prepare fourth chunk (1 hour) Review third chunk (30 minutes) Review second chunk (15 minutes) Review first chunk (10 minutes)	
DAY FIVE Review fourth chunk (30 minutes) Review third chunk (20 minutes) Review second chunk (10 minutes) Review first chunk (10 minutes) Self-Test (1 hour)	