

Five Day Study Plan Worksheet

Date of

Test: _____

Test Format: ☐ Objective ☐ Essay

Day	Task	Course Content	Time Needed	Completed
Day 1:	<u>Prepare 1st Chunk:</u>			
Day 2:	<u>Prepare 2nd Chunk:</u> 1 st Chunk Review:			
Day 3:	<u>Prepare 3rd Chunk:</u> 2 nd Chunk Review: 1 st Chunk Review:			
Day 4:	<u>Prepare 4th Chunk:</u> 3 rd Chunk Review: 2 nd Chunk Review: 1 st Chunk Review:			
Day 5:	4 th Chunk Review: 3 rd Chunk Review: 2 nd Chunk Review: 1 st Chunk Review:			

How to Make a 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 upon the structure of the material.
2. Plan to spend about 1-2 hours studying on each of the five days. They do not have to be consecutive! You may need to plan ahead even further if you have multiple tests on the same day.
3. You work the material 2 ways: you prepare, and you review.

Ways to Prepare:

- Study sheets
- Notecards with definitions, questions, formulas, or problems
- Outlines/notes
- Self-tests
- Prepare material for a study group
- Predict essay questions

Ways to Review:

- Recite out loud answers to study sheets and notecards
- Take self-test
- Recite main points
- Re-create charts and lists from memory
- Explain material to study group
- Answer essay questions

Example of the time frame for the Five Day Plan:

Tuesday	
Prepare	CH 1 – 2 hrs
Wednesday	
Prepare	CH 2 – 2 hrs
Review	CH 1 – 30 min
Thursday	
Prepare	CH 3 – 1.5 hrs
Review	CH 2 – 30 min
Review	CH 1 – 15 min

Friday	
Prepare	CH 4 – 1 hr
Review	CH 3 – 30 min
Review	CH 2 – 15 min
Review	CH 1 – 10 min
Sunday	
Review	CH 4 – 30 min
Review	CH 3 – 20 min
Review	CH 2 – 10 min
Review	CH 1 – 10 min
Self-test	-- 1hr