**How to Make a Five-Day Study Plan**

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|  Ways to Prepare: |  Ways to Review: |
| * Study sheets
* Notecards with definitions, questions, formulas
* Outlines/notes
* Self-tests
* Prepare material for a study group
* Predict essay questions
 | * 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
 |

1. **Distinguish** between “Prepare” and “Review.” You work the material two ways: you prepare, and you review. Preparing involves organizing your study materials. Reviewing involves memorizing and retaining the study material.
2. Divide the material into **four** **chunks**. If content can be divided by chapter, use that. If not, make up your own chunks based upon the structure of the material.
3. **Plan** out your 5 days (see worksheet) and 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.

**Example Five-Day Plan:**

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| Tuesday**:****Prepare**Wednesday:**Prepare***Review*Thursday:**Prepare***Review**Review* | **CH 1** – 2 hrs**CH 2** – 2 hrsCH 1 – 30 min**CH 3** – 1.5 hrsCH 2 – 30 minCH 1 – 15 min | Friday:**Prepare***Review**Review**Review*Sunday:*Review**Review**Review**Review*Self-test | **CH 4** – 1 hrCH 3 – 30 minCH 2 – 15 minCH 1 – 10 minCH 4 – 30 minCH 3 – 20 minCH 2 – 10 minCH 1 – 10 min-- 1hr |

**Worksheet: Five Day Study Plan**

Date of the Exam: Class: Exam Name: (*Exam 2, midterm, final, etc.)*

Test Format: Multiple Choice Open-Ended Essay

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| --- | --- | --- | --- | --- | --- |
| **Day** | **Task** | **Chunk Chapter(s)**  | **Chunk Title/Content** | **Time Needed** | **Completed** |
| Day 1:  | **Prepare 1st Chunk:**  | – | – | – |  |
| Day 2:  | **Prepare 2nd Chunk:**  *1st Chunk Review* | –– | –– | –– |  |
| Day 3:  | **Prepare 3rd Chunk:** *2nd Chunk Review* *1st Chunk Review* | ––– | ––– | ––– |  |
| Day 4:  | **Prepare 4th Chunk:** *3rd Chunk Review* *2nd Chunk Review* *1st Chunk Review* | –––– | –––– | –––– |  |
| Day 5:  | *4th Chunk Review* *3rd Chunk Review* *2nd Chunk Review**1st Chunk Review* | –––– | –––– | –––– |  |