

# Creating a 5 Day Study Plan

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Performing well in college requires many skills: time management, organization, note taking, listening, study skills, clear goals, motivation, and self-regulation. This activity will require you to pull all of these together into a study plan for an upcoming exam.

Instructions:

1. Divide the material that will be on your exam into four equal portions beginning with the most difficult information:
  - Day One: Most difficult material
  - Day Two: Next most difficult and review of Day One
  - Day Three: Next most difficult and review of Day One and Two.
  - Day Four: Least difficult and review of Day One, Two and Three.

The idea is to study the most difficult information first, then continue reviewing it for the remainder of the study plan.

Note: This means you may not necessarily study the information in chronological order.

2. The “**Topics**” column should contain material from textbooks, lecture notes, assignments, study guides, and any other study materials that were provided to you for exam preparation and review.
3. The “**Learning Strategies**” column should indicate what strategies you will use to prepare the material to be studied and what strategies you will use to review the material. Be sure to include a variety of both preparation and review learning strategies.
4. The “**Estimated Time**” column should reflect the amount of time spent on each learning strategy.
5. Day 5 should be reserved for **self-testing**. This day should be used for an overall review of the material covered during the first four days. Be sure to indicate what strategies you plan to use to test yourself on the material from the first four days.

Be sure to fill in all required information on your study plan. Think carefully about how you spend each day, making sure your time results in maximum learning and preparing for the test. Describe in detail the learning strategies for each day.

## Five-Day Study Plan

- Divide material into four equal portions, beginning with the most difficult on Day One.
- Prepare materials for each day.
- Review and study materials for one portion and review previous day's material.
- Use a variety of learning strategies to study and self-test.

Preparation Strategies	Review Strategies
Create study sheets containing definitions, formulas, dates, etc. <ul style="list-style-type: none"><li>• Outlines</li><li>• Charts</li><li>• Diagrams</li></ul>	Rewrite study sheets without looking at the original. Explain the information to a partner or study group.
Prepare your notes and text for review <ul style="list-style-type: none"><li>• Organize notes by topic or chapter</li><li>• Cornell Notes</li><li>• Mind Maps</li><li>• Venn Diagrams</li></ul>	Work with your notes (don't just read them!) <ul style="list-style-type: none"><li>• Re-write notes</li><li>• Summarize notes (Cornell System helps)</li><li>• Use highlighters, sticky notes, colorful pens</li><li>• Recite Notes</li></ul>
Anticipate test questions <ul style="list-style-type: none"><li>• Create your own questions</li><li>• Use text questions</li><li>• Classroom discussion questions</li><li>• Use class materials provided such as review packages and outlines</li><li>• Communicate with instructors and peers</li><li>• Be resourceful!!</li></ul>	Practice your test <ul style="list-style-type: none"><li>• Cover the text and quiz yourself verbally</li><li>• Take your test. Write out answers to short answer and essay questions.</li></ul>
Prepare material for a tutoring session or study group <ul style="list-style-type: none"><li>• Mark parts of your text or notes you do not understand</li><li>• List topics or concepts you need to learn</li></ul>	Participate actively in study groups <ul style="list-style-type: none"><li>• Take new notes</li><li>• Verbally "teach" the material to your tutor or study group</li></ul>
Resources: <ul style="list-style-type: none"><li>• Instructors</li><li>• Academic Strategist</li><li>• Texts</li><li>• Internet</li><li>• Outlines</li><li>• Peers</li></ul>	Helpful Software Tools: <ul style="list-style-type: none"><li>• Coggle (Mind Maps)</li><li>• Quizlet (Flashcards/Practice Tests)</li><li>• YouTube Search: Cornell Notes</li><li>• Dragon (Dictation App)</li></ul>

<b>Course Name:</b>		<b>Test Date/Time:</b>	
<p align="center"><b>Test Topics</b>  <i>(Begin with most difficult information on Day 1)</i></p>			
<b>Day 1 Topics:</b>			
<b>Day 2 Topics:</b>			
<b>Day 3 Topics:</b>			
<b>Day 4 Topics:</b>			
<b>Day 1</b>	<b>Day/Date:</b>		
	<i>Topics to be studied</i>	<i>Learning Strategies to be used</i>	<i>Estimated Time</i>

<b>Day 2</b>	<b>Day/Date:</b>		
	<i>Topics to be studied</i>	<i>Learning Strategies to be used</i>	<i>Estimated Time</i>
		Review of Previous Day's Materials:	
<b>Day 3</b>	<b>Day/Date:</b>		
	<i>Topics to be studied</i>	<i>Learning Strategies to be used</i>	<i>Estimated Time</i>
		Review of Previous Day's Materials:	

<b>Day 4</b>	<b>Day/Date:</b>		
	<i>Topics to be studied</i>	<i>Learning Strategies to be used</i>	<i>Estimated Time</i>
		Review of Previous Day's Materials:	
<b>Day 5</b>	<b>Day/Date:</b>		
	<i>Topics to be studied</i>	<i>Review Strategies</i>	<i>Estimated Time</i>