**The 5 Day Study Plan**

When you have a large amount of material to study for a test, commit yourself to about 2 hours per day for a very structured study time. By carefully following this approach, you will be able to systematically cover all of your material.

**FIRST….GET ORGANIZED!**

The 5-Day Study Plan begins with dividing the material you need to study (e.g. chapters in your text and corresponding lecture notes) into 4 equal parts: Chunk 1, Chunk 2, Chunk 3, and Chunk 4 (with Chunk 1 being the older material and Chunk 4 being the most recently covered material.) Use the table below to map out Chunks 1-4 for each of your courses. An example has been provided in the last row.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Chunk 1** | **Chunk 2** | **Chunk 3** | **Chunk 4** |
| **Course 1:** |  |  |  |  |
| **Course 2:** |  |  |  |  |
| **Course 3:** |  |  |  |  |
| **Course 4:** |  |  |  |  |
| **Course 5:** |  |  |  |  |
| **Example:**  **Course: PSY101** | Chapters 1-3 | Chapters 4-6 | Chapters 7 & 8 | Chapter 9 &10 |

**NEXT….SELECT PREPARATION AND REVIEW STRATEGIES:**

For each of your four groups of study materials (Chunks 1-4) you will need to select 2-3 PREPARATION and REVIEW strategies. Take a look at the examples of the PREPARATION and REVIEW strategies listed below.

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| --- | --- |
| **Preparation Strategies (P):**  Each day you will prepare one section of material to review the following day. | **Review Strategies (R):**  Each day (except the first) you will review the material you prepared the day before. |
| * Making flash cards | * Practicing with flash cards |
| * Taking notes from your textbook | * Reciting main ideas from your notes without looking |
| * Creating a study sheet | * Writing notes from memory |
| * Organizing and summarizing class notes | * Quizzing yourself on the predicted test questions |
| * Predicting essay question and their answers | * Re-creating mind maps or diagrams from memory |
| * Predicting multiple choice questions | * Completing practice problems |
| * Drawing a mind map | * Reciting or writing formulas from memory |
| * Drawing diagrams | * Explaining concepts to a friend or classmate |
| * Listing practice problems and/or formulas |  |
| * Reviewing study guides |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** |
|  | 2 hours – (P)Chunk 1 | 2 hours – (P)Chunk 2  30 min – (R)Chunk 1 | 1.5 hours – (P)Chunk 3  30 min – (R)Chunk 2  15 min – (R)Chunk 1 | 1 hour – (P)Chunk 4  30 min – (R)Chunk 3  15 min – (R)Chunk 2  10 min – (R)Chunk 1 | 30 min – (R)Chunk 4  20 min – (R)Chunk 3  10 min – (R) Chunk 2  10 min – (R)Chunk 1 |
| **Total**  **Study Time:** | 2 hours | 2.5 hours | 2 hours 15 min | 1 hour 55 min | 1 hour 10 min |