**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.

|  |  |
| --- | --- |
| **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 230 min – (R)Chunk 1 | 1.5 hours – (P)Chunk 330 min – (R)Chunk 215 min – (R)Chunk 1 | 1 hour – (P)Chunk 430 min – (R)Chunk 315 min – (R)Chunk 210 min – (R)Chunk 1 | 30 min – (R)Chunk 420 min – (R)Chunk 310 min – (R) Chunk 210 min – (R)Chunk 1  |
| **Total** **Study Time:** | 2 hours | 2.5 hours | 2 hours 15 min | 1 hour 55 min | 1 hour 10 min |