

5-Day Study Plan

The purpose of the 5-Day Study Plan is to ensure that you have ample time to cover the necessary material for your upcoming exam, spreading material out over several days, using a variety of study strategies to work with the material and taking a practice test before exam day.

Framework for the 5-Day Study Plan (exam on Monday):

Tuesday		
Prepare	Chp. 1	2 hours
Wednesday		
Prepare	Chp. 2	2 hours
Review	Chp. 1	30 minutes
Thursday		
Prepare	Chp. 3	1.5 hours
Review	Chp. 2	30 minutes
Review	Chp. 1	15 minutes
Friday		
Prepare	Chp. 4	1 hour
Review	Chp. 3	30 minutes
Review	Chp. 2	15 minutes
Review	Chp. 1	10 minutes
Sunday		
Review	Chp. 4	30 minutes
Review	Chp. 3	20 minutes
Review	Chp. 2	10 minutes
Review	Chp. 1	10 minutes
Self-Test	All material	1 hour

Menu of Active Study Strategies (to use each day you study):

PREPARATION STRATEGIES (When you work with material first time)	REVIEW STRATEGIES (When you work with material repeatedly)
Develop study sheets	Recite study sheets
Develop concept maps	Replicate concept maps
Make word cards	Recite words cards
Make questions cards	Recite questions cards
Make formula cards	Practice writing formulas
Make problem cards	Work problems
Make self-tests	Take self-tests
Do study guides	Practice study guide into out loud
Re-mark text material	Take notes on re-marked text
Do problems	Do 'missed' problems
Make a list of 20 (30 or 40)	Recite list of 20 (30 or 40)
Outline	Recite main points from outline
Take notes	Recite notes from recall cues
Predict questions in the margin	Answer predicted questions
Chart related material	Re-create chart from memory
List steps in the process	Recite steps from memory
Predict essay questions	Answer essay questions
Plan essay answers	Practice reciting main points
Write essay answers	Write essay answers from memory
Answer end-of-chapter questions	Recite answers
Prepare material for study group	Explain material to group members

Actual Tasks for 5-Day Study Plan (what days should look like):

Wednesday

Prepare Chp. 2

1. Re-mark highlighting
2. Make study sheets
3. Make word cards
4. Make questions cards

Review Chp. 1

1. Recite re-highlighted material
*unknowns (recite main points)
2. Mark and recite study sheets
3. Recite word cards
4. Recite questions cards

Thursday

Prepare Chp. 3

1. Re-mark highlighting
2. Make study sheets
3. Make word cards
4. Make questions cards

Review Chp. 2

1. Recite re-highlighted material
*unknowns (recite main points)
2. Mark and recite study sheets
3. Recite word cards
4. Recite questions cards

Review Chp. 1

1. Make a list of information still not known
from text or study sheets- recite
2. Recite cards still not known
3. Make self-tests questions

Effective Study Tools and Strategies for the 5-Day Study Plan (how to use them):

STUDY TOOL	PREPARATION STRATEGY	REVIEW STRATEGY
Highlighting	Re-mark text and * unknowns	Recite main points out loud
Text notes	Dig through text and write main points and supporting details; develop recall column	Recite information, identifying connections among ideas from headings and/or recall columns
Predicted questions in the margin	Predict questions and underline the answers	Recite the answers out loud
Concept maps	Design and draw	Sketch from memory or recite key points
Charts	Create charts	Re-create charts from memory on scrap paper
Geographic maps	Prepare copy of map without answers for self-test	Recite and/or write out answers; check original
Study sheets	Dig through text and lecture notes to select, condense, and organize material under main topics	Practice reciting out loud or in writing
End-of-chapter questions	Write out answers	Practice reciting answers
Word cards, questions cards, formula cards, problem cards	Select information and write out cards	Recite out loud or in writing; shuffle cards and retest; test in reverse; retest missed items
Study groups	Prepare materials as agreed to by group	Explain your material to group and take notes on others' explanations; discuss
Predict essay questions	Predict specific essay questions; plan and prepare answers	Practice reciting main points and writing out answers
List of 20, 30, 40 +	Determine content and write out list	Recite out loud and write out troubling list

