

Five Day Study Plan

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 on Day One. Day Two will consist of the next most difficult material and a review of the previous day's material. Day Three will follow this trend culminating with studying the information you know the best on Day Four. (The idea here is to study the most difficult information first and then continue reviewing it 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 "Time to complete" column should reflect the amount of time spent on each learning strategy.
5. Day 5 should be reserved for self-testing. This day should **not** be used for preparing and reviewing new material but instead 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.

The Five Day Study Plan

You begin by dividing the material into four approximately equal portions beginning with the most difficult information on Day One. During each day, you prepare and review study materials for one portion as well as review previous days' material. Use a variety of learning strategies to study the material and then self-test to ensure that you have learned it.

You work with the material in **two ways** – first you prepare (**organize the material**) and then you review (**learn it**).

Preparation strategies	Review strategies
Create study sheets containing definitions, formulas, dates, etc. <ul style="list-style-type: none">• Outlines• Charts• Diagrams	Rewrite study sheets without looking at the originals Explain the information to a partner or study group
Prepare your notes and text for review <ul style="list-style-type: none">• Organize notes by topic or chapter• Take notes from the text	Work with your notes (don't just read them!) <ul style="list-style-type: none">• Re-write notes• Reduce notes to the very most important points• Highlight or mark notes• Highlight or mark text
Anticipate test questions <ul style="list-style-type: none">• Write questions in the margins of your notes or text next to where the answers are found in the notes or text• Create a test that includes the kind of questions that will be on the exam (i.e., true/false, definitions, multiple choice) (don't use the questions in your text)	Practice your test <ul style="list-style-type: none">• Cover the text, and see if you can answer the questions in the margins• Take your test. Pay particular attention to writing out answers to essay questions
Select practice math problems from your text or online. Print them out, leaving space to do the problems	Solve the problems without looking at your text or notes
Prepare material for a tutoring session or study group <ul style="list-style-type: none">• Mark parts of text or your notes that you do not understand• Find math problems that you are having difficulty solving• List topics or concepts that you need to learn	Participate actively in the tutoring or study group session <ul style="list-style-type: none">• Take new notes that clearly explain difficult material in your own words• Explain in your own words how you do each step of solving math problems.• Verbally "teach" the material to your tutor or study buddies

Course Number and Name:		Test Date/Time:	
Test Topics <i>(Begin with the most difficult information on Day 1)</i>			
Day 1 Topics:			
Day 2 Topics:			
Day 3 Topics:			
Day 4 Topics:			
DAY 1	Day/Date:		
	<i>Topics to be studied</i>	<i>Learning Strategies to be used</i>	<i>Estimated Time</i>

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

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