

5-10 Day Study Plan for Exams

Start Early:

More than any other technique, the key to performing well on exams is starting early and using short frequent study sessions. The human brain learns academic material faster and better on an exam if done in brief blocks of time spread out over longer periods of time, rather than a few lengthy sessions. Thus you will perform better on an exam if you spend one hour studying each day for 20 days than if you spend 10 hours studying for two days before an exam.

Adjust your studying according to difficulty or amount of content to be covered or reviewed. Some courses may need 5 days of study and review and others may need 7.

Key Guidelines:

1. Space out your learning over a period of at least 5 days.
2. During each day, prepare a new chapter or chunk of information, and then review previous material.
3. Start with oldest material first.
4. Divide your material so you can work on it in chunks.
5. Use active learning strategies (writing and reciting) to study the material.
6. Use self-testing techniques to monitor your learning.

How to Make a 5 Day Plan:

1. Break material into chunks either based on chapters or other chunking 'concepts' that makes sense to you.
2. Plan to spend about 2 hours studying on each of the 5 days
3. Work on the material in 2 ways: Prepare and Review

1 st day:	Prepare 1 st chunk	2 hours
2 nd day:	Prepare 2 nd chunk	2 hours
	Review 1 st chunk	30 min.
3 rd day:	Prepare 3 rd chunk	1 ½ hours
	Review 2 nd chunk	30 min
	Review 1 st chunk	15 min
4 th day	Prepare 4 th chunk	1 hour
	Review 3 rd chunk	30 min.
	Review 2 nd chunk	10 min.
	Review 1 st chunk	10 min.
5 th day	Review 4 th chunk	30 min.
	Review 3 rd chunk	20 min.
	Review 2 nd chunk	10 min.
	Review 1 st chunk	10 min.
	Self-Test	1 hour

Active Preparation Strategies ICOW:

Identify, Condense, Organize and Write what you need to learn. Use at least 3 different ways/types to be effective. The key objective is recall not recognition and understanding of concepts and how they relate to other concepts presented in class.

Create study sheets/guides

Create concept maps

List step in a process

Make word cards

Create an outline

Predict questions in margin of text

Create possible exam question cards

Develop correct responses to questions

Make self-tests

Make a timeline

Create problem cards

Chart related material

Prepare material for a group study

Make formula cards

Create cause/effect diagrams

Answer questions at end of chapter

Predict possible essay questions

Plan/Write essay answers

Make mnemonic devices

Active Review Strategies RE-USE:

Rehearse, Extend, Understand, Self-test, and Evaluate your learning.

Recite or rewrite study sheets

Recite word cards

Recite main points from an outline

Write essay answer from memory

Do 'missed' problems

Recite question cards

Practice study guide rewriting responses
from memory

Replicate concept maps, diagrams

Recite steps or process from memory

Take self-tests

Practice writing formulas

Work problems

Explain material to group members or study partner

Do flashcards (paper or online)

Examples of Student's Plans

Example 1:

Sunday

12-1 pm (1 hr.)

-Review and expand notes on Rockefeller,
Carnegie and Morgan

-Compile summary sheets from lecture
and text notes

-Write question on margin of text book

1:15-1:45pm (1/2 hr.)

-Recite industrial revolution questions
and answers

2-2:30pm (1/2 hr.)

Recite railroad questions and answers

Example 2:

Saturday (1 ½ hrs.)

Prepare ch.15

1. Review notes from reading

2. Make cards for cash dividends and dividend dates

3. Make study cards for reasons for Issuing Stock dividends

4. Make a definition sheet

5. Do all examples and problems assigned.

6. Make study guide

Review Ch. 14 (1/2 hr.)

1. Go over cards for corporation lists

2. Self-test on definitions

3. Review all examples and problems assigned

4. Review study guide