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

<table>
<thead>
<tr>
<th>1st day</th>
<th>Prepare 1st chunk</th>
<th>2 hours</th>
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</thead>
<tbody>
<tr>
<td>2nd day</td>
<td>Prepare 2nd chunk</td>
<td>2 hours</td>
</tr>
<tr>
<td></td>
<td>Review 1st chunk</td>
<td>30 min.</td>
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<tr>
<td>3rd day</td>
<td>Prepare 3rd chunk</td>
<td>1 ½ hours</td>
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<tr>
<td></td>
<td>Review 2nd chunk</td>
<td>30 min.</td>
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<td></td>
<td>Review 1st chunk</td>
<td>15 min.</td>
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<tr>
<td>4th day</td>
<td>Prepare 4th chunk</td>
<td>1 hour</td>
</tr>
<tr>
<td></td>
<td>Review 3rd chunk</td>
<td>30 min.</td>
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<tr>
<td></td>
<td>Review 2nd chunk</td>
<td>10 min.</td>
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<tr>
<td></td>
<td>Review 1st chunk</td>
<td>10 min.</td>
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<tr>
<td>5th day</td>
<td>Review 4th chunk</td>
<td>30 min.</td>
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<tr>
<td></td>
<td>Review 3rd chunk</td>
<td>20 min.</td>
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<td></td>
<td>Review 2nd chunk</td>
<td>10 min.</td>
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<td></td>
<td>Review 1st chunk</td>
<td>10 min.</td>
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<td></td>
<td>Self-Test</td>
<td>1 hour</td>
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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 problem cards
Create concept maps Chart related material
List step in a process Prepare material for a group study
Make word cards Make formula cards
Create an outline Create cause/effect diagrams
Predict questions in margin of text Answer questions at end of chapter
Create possible exam question cards Predict possible essay questions
Develop correct responses to questions Plan/Write essay answers
Make self-tests Make mnemonic devices
Make a timeline

Active Review Strategies RE-USE:
Rehearse, Extend, Understand, Self-test, and Evaluate your learning.

Recite or rewrite study sheets Replicate concept maps, diagrams
Recite word cards Recite steps or process from memory
Recite main points from an outline Take self-tests
Write essay answer from memory Practice writing formulas
Do ‘missed’ problems Work problems
Recite question cards Explain material to group members or study partner
Practice study guide rewriting responses 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