A 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 of 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: A, B, C, & D (with “A” being the older material and “D” being the most recently covered material). For example, if chapters 1-8 of your Psychology text will be on your upcoming test, you can divide them as follows: A= Chapters 1-2, B= Chapters 3-4, C=Chapters 5-6, D=Chapters 7-8.

List your four groups of study materials here:

A: _______________________________________
B: _______________________________________
C: _______________________________________
D: _______________________________________

NEXT... SELECT PREPARATION AND REVIEW STRATEGIES:

For each of your four groups of study materials (A, B, C, D), 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:**
Each day you will prepare ONE section of material to review the following day.
Preparing includes tasks such as:

- making flash cards,
- taking notes from your text book,
- creating a study sheet,
- organizing & summarizing class notes,
- predicting essay questions & their answers,
- predicting multiple choice questions,
- drawing a mind map,
- drawing diagrams,
- listing practice problems and/or formulae,
- reviewing study guides etc.

**Review:**
Each day (except for the first) you will review the material you prepared the day before.
Reviewing includes tasks such as:

- practicing with flash cards
- reciting main ideas from your notes without looking
- writing notes from memory
- quizzing yourself on the predicted essay or multiple choice questions
- re-creating mind maps or diagrams from memory
- completing practice problems and reciting formulae from memory
- explaining concepts to study group members or classmates etc.

For more information Contact:
Student Academic Support Services
[p] 419-783-2332
[e] sass@defiance.edu
CREATE YOUR 5-DAY STUDY PLAN

Select 2-3 PREPARATION and REVIEW strategies for each of your four groups of study materials, and list them in your 5-day study plan chart. Make sure that your review strategies complement your preparation strategies. Ex: PREPARE strategies: create outline, make flashcards. REVIEW strategies: review flashcards, self-quiz on outline. Then, follow the plan, noting the rotation of the different groups of materials (A, B, C, D) and how much time is spent on each one.

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prepare Part A: 2 hrs</td>
<td>Prepare Part B: 2 hrs</td>
<td>Prepare Part C: 1.5 hrs</td>
<td>Prepare Part D: 1 hour</td>
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<tr>
<td>TOTAL: 2 hours</td>
<td>TOTAL: 2.5 hours</td>
<td>TOTAL: 2 hr, 15 min</td>
<td>TOTAL: ~ 2 hours</td>
<td>TOTAL: ~ 2 hours</td>
</tr>
<tr>
<td>Prepare:</td>
<td>Prepare:</td>
<td>Prepare:</td>
<td>Prepare:</td>
<td>Review:</td>
</tr>
</tbody>
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