



The Five Day Study Plan

Start Early:

More than any other technique, the key to performing well on exams is starting early and using short, frequent study sessions. The 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 in a few lengthy sessions. For example, **you will perform better on an exam if you spend one hour studying each day for 20 days** than if you study intensely 2-3 days before an exam.

On Cramming:

If you have to cram, try to focus on remembering the information you do know rather than trying to teach yourself new information. You will typically not remember what you tried to learn the night before the exam, anyway, so it is best to make sure you REALLY know some part of the information for the test. If you do have a few days, try to spread the studying out so you are not doing it all in one night. If you plan ahead, many students have found the Five Day Study Plan gets good results.

Keys to the Five Day Plan:

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

Eight to ten hours of studying may be required to get a 1H or a 2.1 in an exam. This is just a general guideline. You may need to allot more or less time depending on the difficulty of the class.

How to Make The Five Day Study Plan

1. **Break the material into chunks.** If it can be divided by chapter, use that. If not, make up your own chunks based on the structure of the material.
2. Plan to spend about **2 hours studying per module on each of the five days.**
3. You work on the material in 2 ways: **You prepare**, and **you review**.

Day 1 Monday:

Prepare	1st chunk	2 hours
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Day 2 Tuesday:

Prepare	2nd chunk	1-1/2 hours
Review	1st chunk	30 minutes

Day 3 Wednesday:

Prepare	3rd chunk	1- ¼ hours
Review	2nd chunk	30 minutes
Review	1st chunk	15 minutes

Day 4 Thursday:

Prepare	4th chunk	1 hour
Review	3rd chunk	30 minutes
Review	2nd chunk	15 minutes
Review	1st chunk	15 minutes

Day 5 Friday:

Review	4th chunk	30 minutes
Review	3rd chunk	20 minutes
Review	2nd chunk	10 minutes
Review	1st chunk	10 minutes

Self-Test & further review

Examples of Preparation Strategies and Review Strategies:

Preparation Strategies:	Review Strategies:
<p>Develop study sheets</p> <p>Develop concept maps</p> <p>Make word cards</p> <p>Make question cards</p> <p>Make formula cards</p> <p>Make problem cards</p> <p>Make self-tests</p> <p>Do study guides</p> <p>Re-mark test material</p> <p>Make a list of 20 topics that would be on the exam</p> <p>Define the list of 20</p> <p>Do problems</p> <p>Outline</p> <p>Summarize material</p> <p>Chart related material</p> <p>List steps in the process</p> <p>Predict essay questions</p> <p>Plan essay answers</p> <p>Write essay answers</p> <p>Answer questions at the end of the chapter</p> <p>Prepare material for study group</p>	<p>Recite study sheets</p> <p>Replicate concept maps</p> <p>Recite word cards</p> <p>Recite question cards</p> <p>Practice writing formulas</p> <p>Work problems</p> <p>Take self-tests</p> <p>Practice study guide info out loud</p> <p>Take notes on re-marked text</p> <p>Recite list of 20</p> <p>Do "missed" problems</p> <p>Recite main points from outline</p> <p>Recite notes from recall cues</p> <p>Recite out loud</p> <p>Re-create chart from memory</p> <p>Recite steps from memory</p> <p>Answer essay questions</p> <p>Practice reciting main points</p> <p>Write essay answers from memory</p> <p>Recite answers</p> <p>Explain material to group members or study partners</p>

Examples of Student's Study Plan:

Tuesday

Prepare Ch. 15: 1-1/2 hours

1. Review notes from reading. Reread highlighted feature
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 the examples and problems assigned
6. Review Study Guide

Review Ch. 14 ½ hour

1. Go over card for corporation lists
2. Self-test on definitions
3. Review all examples and problems assigned
4. Review Study Guide

***Source:** Cornell University Learning Strategies Centre