

# 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 spend 10 hours studying each day for two 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 an A or a B on 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 on each of the five days.**
3. You work on the material in 2 ways: **You prepare**, and **you review**.

### Day 1 Tuesday:

Prepare	1st chunk	2 hours
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### Day 2 Wednesday:

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

### Day 3 Thursday:

Prepare	3rd chunk	1- ½ hours
Review	2nd chunk	30 minutes
Review	1st chunk	15 minutes

### Day 4 Friday:

Prepare	3rd chunk	1 hour
Review	2nd chunk	30 minutes
Review	1st chunk	15 minutes
Review	1st chunk	10 minutes

### Day 5 Sunday:

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

## Examples of Preparation Strategies and Review Strategies:

### Preparation Strategies:

Develop study sheets  
Develop concept maps  
Make word cards  
Make question cards  
Make formula cards  
Make problem cards  
Make self-tests  
Do study guides  
Re-mark test material  
Make a list of 20 topics that would be on the exam  
Define the list of 20  
Do problems  
Outline  
Summarize material  
Chart related material  
List steps in the process  
Predict essay questions  
Plan essay answers  
Write essay answers  
Answer questions at the end of the chapter  
Prepare material for study group

### Review Strategies:

Recite study sheets  
Replicate concept maps  
Recite word cards  
Recite question cards  
Practice writing formulas  
Work problems  
Take self-tests  
Practice study guide info out loud  
Take notes on re-marked text  
Recite list of 20  
Do "missed" problems  
Recite main points from outline  
Recite notes from recall cues  
Recite out loud  
Re-create chart from memory  
Recite steps from memory  
Answer essay questions  
Practice reciting main points  
Write essay answers from memory  
Recite answers  
Explain material to group members or study partners

## Examples of Student's Plans:

### Example 1

**Saturday**

**1-1/2 hours**

**Prepare Ch. 15**

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