

5-Day Study Plan

Creating a study plan can help you space your study sessions to maximize your learning. Use this resource to create a plan for shorter, spaced study sessions that include both preparation and review strategies. A study plan can be especially beneficial to help you divide your time to prepare for exams in multiple courses. But remember that five days are the recommended minimum; ideally, you would extend this plan to cover more days if possible.

Use the following chart to plan your studying using three-hour blocks spread over five days – or as many days as you’d like.

- Divide the content you need to cover into four sections for a five-day plan (if you have more time available, create one less section than days). Label your sections and be specific, e.g. Section A is chapters 1-3, or lectures 1-5.
- Choose specific **preparation** and **review** strategies for each day; see the reverse page for suggestions.
- Follow the schedule in the table below - each day will include time for preparation and self-testing, along with reviewing the previous day’s content.
- Don’t forget to take short breaks during a three-hour study session!

Day 1	Day 2	Day 3	Day 4	Day 5
Prepare Section A 2 hr 15 min	Review Section A 30 min	Review Section B 30 min	Review Section C 30 min	Review Section D 25 min
Self-test Section A 15 min	Prepare Section B 2 hrs	Prepare Section C 1 hr 30 min	Prepare Section D 1 hr 30 min	Review Section C 15 min
	Self-test Section B 15 min	Review Section A 15 min	Review Section B 15 min	Review Section B 10 min
		Self-test Section C 15 min	Review Section A 15 min	Review Section 10 min
			Self-test Section D 15 min	Self-test Sections A-D 2 hrs

Tips for creating your study plan

- **Dividing your content**

- Prioritize older or more complex content in earlier sections to give yourself more time to prepare and review over multiple study sessions.

- **Planning**

- Allow for 3-hour blocks of studying on each of the days of your plan.
- Your study plan days do not need to be consecutive days on the calendar - if you aren't able to include a study session on a particular day, move to the next available time, but include five days (or more) in total.

- **Preparing and reviewing**

- Start each day by reviewing the previous day's material, focusing on what you did not know on the self-test.
- As part of your preparation, identify how you will use your materials for self-testing. You will end each study session using those materials to test your knowledge.
- Decide which preparation and review strategies work best for you and the content you're working with that day. Try to include different strategies throughout your plan to help you better understand the content.

Preparation Strategies Identify, organize, and consolidate course material	Review Strategies Self-test and evaluate your learning
Develop study sheets or study guides	Explain concepts from your study guide aloud or to others (without looking at your materials!)
Make flashcards - paper or online (e.g. Quizlet)	Use flashcards to test your knowledge
Outline / summarize materials	Work on problems (no looking at the answer keys!)
Develop concept maps or charts	Replicate your concept map from memory
Create a self-test with predicted test questions - multiple choice, essay style	Take self-tests while trying to mimic the testing conditions
List the steps in a complex process or develop a flow chart	Outline answers to essay questions from memory
Make a list of 20 topics that could be on the exam and be able to explain why they may be on the exam	Write a full sample essay
Answer questions at the end of the chapter	Work on the problems that you missed on quizzes and assignments
Prepare material for a study group	Explain material to a study group

5-Day Study Plan

Course	Date of exam
Section A	Section B
Section C	Section D

Day 1	Day 2	Day 3	Day 4	Day 5
<p>Preparation strategies Section A - 2.25 hrs</p>	<p>Review strategies Section A - 30 min</p>	<p>Review strategies Section B - 30 min</p>	<p>Review strategies Section C - 30 min</p>	<p>Review strategies Section D - 25 min Section C - 15 min Section B - 10 min Section A - 15 min</p>
	<p>Preparation strategies Section B - 2 hrs</p>	<p>Preparation strategies Section C - 1.5 hrs</p>	<p>Preparation strategies Section D - 1.5 hrs</p>	
		<p>Review strategies Section A - 30 min</p>	<p>Review strategies Section B - 15 min Section A - 15 min</p>	<p>Self-test Sections A-D - 2 hrs</p>
<p>Self-test Section A - 15 min</p>	<p>Self-test Section B - 15 min</p>	<p>Self-test Section C - 15 min</p>	<p>Self-test Section D - 15 min</p>	

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Course	Date of exam
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	<p>Preparation strategies Section B - 2 hrs</p>	<p>Preparation strategies Section C - 1.5 hrs</p>	<p>Preparation strategies Section D - 1.5 hrs</p>	
		<p>Review strategies Section A - 30 min</p>	<p>Review strategies Section B - 15 min Section A - 15 min</p>	
<p>Self-test Section A - 15 min</p>	<p>Self-test Section B - 15 min</p>	<p>Self-test Section C - 15 min</p>	<p>Self-test Section D - 15 min</p>	<p>Self-test Sections A-D - 2 hrs</p>