

# Five-Day Study Plan

Divide course content into four workable chunks:

Chunk A:	Chunk C:
Chunk B:	Chunk D:

Use the following chart to plan your studying using three hour blocks spread over five days – or as many days as you’d like. Choose particular preparation and review strategies that suit the content you’re studying that day and follow. See the following page for suggestions of preparation and review strategies. *Don’t forget to take short breaks during a three-hour study session!*

<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
<p><b>Prepare</b> Chunk A – 2 hr 15 min</p> <p>Self-test Chunk A – 15 min</p>	<p><b>Review</b> Chunk A – 30 min</p> <p><b>Prepare</b> Chunk B – 2 hrs</p> <p>Self-test Chunk B – 15 min</p>	<p><b>Review</b> Chunk B – 30 min</p> <p><b>Prepare</b> Chunk C – 1.5 hrs</p> <p><b>Review</b> Chunk A – 15 min</p> <p>Self-test Chunk C – 15 min</p>	<p><b>Review</b> Chunk C – 30 min</p> <p><b>Prepare</b> Chunk D – 1.5 hrs</p> <p><b>Review</b> Chunk B – 15 min</p> <p><b>Review</b> Chunk A – 15 min</p> <p>Self-test Chunk D – 15 min</p>	<p><b>Review</b> Chunk D – 25 min</p> <p><b>Review</b> Chunk C – 15 min</p> <p><b>Review</b> Chunk B – 10 min</p> <p><b>Review</b> Chunk A – 10 min</p> <p>Self-test Chunks A-D – 2 hr</p>
<b>Preparation strategies</b>	<b>Preparation strategies</b>	<b>Preparation strategies</b>	<b>Preparation strategies</b>	<b>Review strategies</b>
	<b>Review strategies</b>	<b>Review strategies</b>	<b>Review strategies</b>	

Refer to the Academic Success Centre's [Exam Preparation: Creating a Study Plan](#) resource for details on how to use these strategies to create an effective study plan.

## Preparation Strategies

*Identify, organize, and consolidate course material*

Develop study sheets or study guides

Make flashcards (paper or online, e.g. [Quizlet](#))

Outline/summarize material

Develop [concept maps](#) or charts

Create a self-test with predicted test questions

List the steps in a complex process or develop a flow chart

Make a list of 20 topics that could be on the exam. Be able to explain why you think they might be on the test.

Predict (and answer!) practice essay questions

Answer questions at the end of the chapter (that weren't assigned as homework)

Prepare material for a study group

## Review Strategies

*Self-test and evaluate your learning*

Explain concepts from your study guide aloud or to others (without looking at your materials!)

Use flashcards to test your knowledge

Work problems (no looking at answer keys!)

Replicate your concept map from memory

Take self-tests (try to mimic test conditions if you can)

Recite from memory (better yet, tell your pet or roommate if possible) your list of 20 topics that could be on the exam.

Outline answers to essay questions from memory

Write a full sample essay

Work the problems that you missed on quizzes, homework, or questions at the end of the textbook chapter

Explain material to group members or study partners