

# 5-Day Study Plan

## Step #1: Get Organized

Start by writing down your exam information so you know what to prepare for:

Course Name:

Exam Date and Time:

Exam Location: Material

Covered on Exam:

## Step #2: Divide Material

Next, you should divide the material you need to study into 4 equal parts: A, B, C, & D. (Part A should be the oldest material and Part D should be the most recent material covered).

Example: If your exam covers Chapter 1-8 of your Biology Textbook, you can divide them as follows: A=Chapters 1-2, B=Chapters 3-4, C=Chapters 5-6, and D=Chapters 7-8.

A: \_\_\_\_\_

B: \_\_\_\_\_

C: \_\_\_\_\_

D: \_\_\_\_\_

## Step #3: Choose Preparation and Review Strategies

### Preparation Strategies:

Identify, organize, and consolidate material

- Making flashcards
- Taking notes from your textbook
- Developing study sheets or study guides
- Outlining and/or summarizing material
- Organizing & summarizing class notes
- Predicting essay questions and their answers
- Predicting multiple choice questions
- Drawing diagrams or creating concept maps
- Listing practice problems and/or formulas
- Compiling questions at the end of each chapter

### Review Strategies

Self-test and evaluate your learning

- Practicing flashcards
- Explaining or teaching concepts to others
- Reciting main ideas from your notes in your own words (without looking at notes)
- Working practice problems and reciting formula from memory
- Quizzing yourself on the predicted test questions (try to mimic test conditions)
- Working the problems that you missed on quizzes, HW, or at the end of the chapter
- Outlining answers to essay questions from memory

## Step #4: Create Your 5-Day Study Plan

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Adapted from: Purdue University

