

The 5-Day Study Plan



Research indicates that it is best to divide information into smaller blocks when studying for tests and exams. Cramming is never ideal. If you can discipline yourself to study and review a little bit every day for a few days, you will most likely see great results. The "5-Day Study Plan" provides you with a structured way to divide your studying into smaller blocks. Follow the plan as you study for finals and you should feel confident you have retained the information!

How to create a 5-Day Study Plan:

Divide the information you are studying into 4 blocks. These blocks can either be information from the same subject that you will be studying (e. g. History ch. 1-3 for the 1st block and ch. 4-6 for the 2nd block) or different subjects during finals week (e.g. review Biology for the 1st block and History for the 2nd block). Then, create a schedule in which you study one block of information every day, and also spend some time reviewing previous information. Also, make sure to take breaks in between if you feel like your brain needs a rest!

Here's an example:

Date	What to do	What to study	How long
Day 1	Study	1st block	2 hours
Day 2	Study Review	2nd block 1st block	2 hours 30 minutes
Day 3	Study Review Review	3rd block 2nd block 1st block	2 hours 30 minutes 15 minutes
Day 4	Study Review Review Review	4th block 3rd block 2nd block 1st block	2 hours 30 minutes 15 minutes 10 minutes
Day 5	Review Review Review Review	4th block 3rd block 2nd block 1st block	30 minutes 20 minutes 20 minutes 10 minutes

Ways to study:

- Use study methods such as note cards, SQ4R, and the Cornell Note Taking System.
- Create an outline or chart.
- Work problems and examples.
- Create questions based on the material and answer them.
- Answer questions listed at the end of the chapter.
- Create a mind map.

Ways to review:

- Read information out loud.
- Practice note cards.
- Have a friend quiz you on your notes.
- Summarize your notes.
- Work with a study group.
- Review problems/information that you are having trouble with.