Exam Prep:
5 Day Study Plan
Academic Success Center

When you have a large amount of material to study for a test, commit yourself to about 2 hours per day of very structured study time.

FIRST... GET ORGANIZED:
The 5-Day Study Plan begins with dividing the material you need to study (e.g. chapters in your text and corresponding lecture notes) into 4 equal parts: A, B, C, & D (with “A” being the older material and “D” being the most recently covered material). For example, if chapters 1-8 of your Psychology text will be on your upcoming test, you can divide them as follows: A= Chapters 1-2,  B= Chapters 3-4, C=Chapters 5-6, D=Chapters 7-8.

List your four groups of study materials here:

A: _____________________
B: _____________________
C: _____________________
D: _____________________

NEXT . . . SELECT PREPARATION AND REVIEW STRATEGIES:
For each of your four groups of study materials (A, B, C, D), you will need to select 2-3 PREPARATION and REVIEW strategies. Take a look at the examples below:

Preparation:
Each day you will prepare ONE section of material to review the following day. Preparing includes tasks such as:

• making flash cards  
• taking notes from your text book
• creating a study sheet
• organizing & summarizing class notes
• predicting essay questions & their answers
• predicting multiple choice questions  drawing a mind map
• drawing diagrams listing practice problems and/or formula
• reviewing study guides etc.

Review:
Each day (except for day 1) you will review the material you prepared previous. Reviewing includes tasks such as:

• practicing with flash cards
• reciting main ideas from your notes without looking; writing notes from memory
• quizzing yourself on the predicted essay or multiple choice questions
• re-creating mind maps or diagrams from memory
• completing practice problems and reciting formulae from memory
• explaining concepts to study group members or classmates etc.
CREATE YOUR 5-DAY STUDY PLAN

Select 2-3 PREPARATION and REVIEW strategies for each of your four groups of study materials, and list them in your 5-day study plan chart. Make sure that your review strategies complement your preparation strategies. Ex: PREPARE strategies: create outline, make flashcards. REVIEW strategies: review flashcards, self-quiz on outline. Then, follow the plan, noting the rotation of the different groups of materials (A, B, C, D) and how much time is spent on each one.

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
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</thead>
<tbody>
<tr>
<td>Prepare Part A: 2 hrs</td>
<td>Prepare Part B: 2 hrs</td>
<td>Prepare Part C: 1.5 hrs</td>
<td>Prepare Part D: 1 hour</td>
<td>Review Part D: 25 min</td>
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<td>Review Part A: 30 min.</td>
<td>Review Part B: 30 min.</td>
<td>Review Part B: 30 min.</td>
<td>Review Part C: 30 min</td>
<td>Review Part C: 15 min</td>
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<td>Review Part A: 15 min.</td>
<td>Review Part B: 15 min</td>
<td>Review Part B: 10 min</td>
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<td></td>
<td>Review Part A: 15 min</td>
<td>Review Part A: 10 min</td>
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<td>Self-test on A,B,C,D: 1 hr</td>
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<td>TOTAL: 2 hours</td>
<td>TOTAL: 2.5 hours</td>
<td>TOTAL: 2 hr, 15 min</td>
<td>TOTAL: ~ 2 hours</td>
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<td>Prepare:</td>
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Source: University of Massachusetts Amherst