

## Creating a 5-Day Study Plan

### Get Organized

- Organize all of your notes and materials from class, as well as your textbook
- Outline all material for study
- Check if anything is missing

### Ask Yourself

- What grade do you need to get on this test? What grade do you want to get?
- What does the test cover?
- What study materials do you have? Divide them into four distinct groups.

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

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

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

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

### Select Preparation and Review Strategies

For each of your four groups of study material, select 2-3 preparation and review strategies from the lists below. The preparation strategies will jog your memory and provide you with more effective study materials, while the review techniques will further reinforce the material.

#### Preparation

Each day you will prepare ONE section of material to review the following day.

- Creating flashcards
- Taking textbook notes
- Organizing and summarizing lecture notes
- Predicting test questions
- Compiling practice problems
- Drawing a mind map
- Creating diagrams, tables and graphs
- Creating a notes compression
- Creating a formula list

#### Review

Each day you will review the material you prepared the day before.

- Reviewing flashcards
- Recalling notes content from memory
- Quizzing yourself with predicted questions
- Completing a practice exam
- Re-creating mind maps or diagrams from memory
- Explaining key concepts aloud
- Writing formulas from memory

Fill in the chart below with the corresponding preparation and review strategies you've selected for each of the four groups. Then follow the plan, noting the rotation of the different groups of materials throughout the 5 days.

Day 1	Day 2	Day 3	Day 4	Day 5
Prepare A: 2 hrs	Prepare B: 2 hrs Review A: 30 min	Prepare C: 1.5 hrs Review B: 30 min Review A: 15 min	Prepare D: 1 hr Review C: 30 min Review B and A: 30 min	Review D: 25 min Review C: 15 min Review B and A: 20 min Self-test on A,B,C,D: 1 hr
<b>TOTAL: 2 hrs</b>	<b>TOTAL: 2.5 hrs</b>	<b>TOTAL: 2.25 hrs</b>	<b>TOTAL: 2 hrs</b>	<b>TOTAL: ~2 hrs</b>
Prepare: ▪ ▪ ▪	Prepare: ▪ ▪ ▪  Review: ▪ ▪ ▪	Prepare: ▪ ▪ ▪  Review: ▪ ▪ ▪ ▪ ▪ ▪	Prepare: ▪ ▪ ▪  Review: ▪ ▪ ▪ ▪ ▪ ▪	Review: ▪ ▪ ▪ ▪ ▪ ▪  Self-Test