

Exam Prep 5-Day Study Plan: *Anti-"Cram" Style*

This style of study plan can be used as a 5 or 7-day study plan in the days leading up to an exam (Exam Day would be the 6th or 8th day). The number of days you choose should be based primarily on the quantity of course content that will be on the exam. However, this is the **5-Day Study Plan version**, please see our 7-Day version if desired.

What makes this style of study plan *unique* is the way you go about breaking down your studying. With this method, you break down the course material per day and assign the study activities you're going to use so that **the first few days of studying are heavy, while the last few are lighter and prioritize your well-being**. This *top-heavy distribution* of the workload works in *opposition* to the tendency for many student's to cram right before an exam. A place to plan this, and study activities, are found on the last pages.

We also encourage you to practice The Study Cycle method as you're going through material leading up to exams, rather than saving all studying for the week prior to an exam.

Day 1: First, assess and organize:

What grade/score do you need to get on this test? What grade do you want to get?

What does the test cover?

How caught up in the course are you (1 being not at all, 10 being completely)?

What study materials/aids do you have? (i.e. lecture notes for each topic, textbook notes/questions, Quizlets, flashcards, study guides, etc.).

What are you missing? (i.e. did you miss a day of lecture and not get the notes, are there study aids/materials you still need to create, is there a study guide to download, etc.). Make acquiring or creating these items your priority for Day 1 (& 2, if needed) of your plan.

What materials/aids (if any) will you be allowed to access during the exam? (i.e. open note, open book, notecard, single sheet, tools such as a calculator, etc.).

Day 1 Continued...

First, divide up your course topics:

(i.e. core concepts/theories, chapter or section names, supplemental materials such as videos or readings, etc., whatever makes the most sense for you/this exam)

Then —→ Identify the study materials and study activities you'll use for each topic:

(Refer to your answers to the last two questions on the previous page, and the list of example study materials and activities on the following page to complete this step)

	Topics:	Materials:	Activities:
Day 2:			
Day 3:			
Day 4:			

Study Materials & Study Activities:

Below are some examples of Study Materials and Study Activities for you to refer to/choose from. We recommend using the codes (i.e., M1., A1., etc.) as shorthand throughout your study plan and referring back to this page as needed.

You should have/choose at *least* one of each for every topic– be sure the activity you choose is compatible with the material.

Additional study activities can be found in our **Exam Prep: How to Study with Bloom's Taxonomy** resource.

Study Materials:

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|--|---|
| M1. Instructor-provided study guide | M9. Learning Objectives from the textbook, written as questions |
| M2. Self-made study guide | M10. Learning Objectives from instructor, written as questions |
| M3. Vocabulary flashcards | M11. Quizlet(s) made by other students |
| M4. Concept/process description flashcards | M12. Important diagrams &/or conceptual flowcharts (specify) |
| M5. Quiz/question flashcards | M13. Reference sheet of major formulas |
| M6. Notes on textbook content | M14. Practice test(s) |
| M7. Lecture notes (from instructor) | M15.– Other: _____ |
| M8. Lecture notes (self-written) | |

Study Activities:

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|--|--|
| A1. Fill out study guide <i>from memory</i> | A8. Answer Learning Objective questions from memory. |
| A2. Finish filling out study guide with notes/book | A9. Practice using Quizlet(s), make note of concepts that need review. |
| A3. Practice flashcards | A10. Draw or label diagrams from memory. |
| A4. Recite/Explain to someone key points/main ideas from your lecture notes <i>from memory</i> (then double check) | A11. Do practice problems of the formulas (if needed, ask TA or instructor for practice problems, or simply google search the formula + "practice problems") --check your work |
| A5. Rewrite key points/main ideas from your lecture notes <i>from memory</i> (then double check) | A12. Complete practice tests in a test-like setting--check your work |
| A6. Recite/Explain to someone key points/main ideas from your textbook <i>from memory</i> (then double check) | A13. Visit office hours with questions |
| A7. Rewrite key points/main ideas from your textbook <i>from memory</i> (then double check) | A14. Study in groups and "grade" each others practice. |
| | A15.– Other: _____ |

Day 1 Continued...

Lastly, fill out Your Timeline &/or Calendar:

On the next few pages are a **Timeline** and **Calendar** to put everything in one place. You can choose to use one or the other, or both.

The **Timeline** offers suggested times to spend studying each day, however, these are total times, and we recommend breaking down the time into more manageable chunks (either by time alone, or by topic), so as to not over-do it. The suggested times in the **Timeline** can be followed whether or not you choose to fill out that page.

Below are some general instructions, but feel free to customize your use of this resource to suit your needs.

- Write out your selections of Study Materials and Study Activities, and any other pertinent details (page numbers, slideshow names, etc.) in **Your Timeline**.
 - There is ample space provided for your convenience, *if you can't/don't fill the whole space/every bullet, that's okay!*
- Add information to **Your Calendar** that corresponds to your **Timeline** and/or the information you listed on the second page of this document.
- The times provided in the **Timelines** are *suggestions*, adjust and break up time as you see fit.
- Add review to the last day, as needed, *after Self-Testing*.

Once you've completed this step, you should work on the Gathering and Creating of any missing Study Materials for the rest of Day 1!

Your Timeline; 5-Day Plan:

- **Day 1:**

- **Prepare:** (2.5-3 hrs total)

- Gather Missing Materials:

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- Create Study Materials:

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- **Day 2:**

- **Prepare:** (1-1.5 hrs total)

- Finish Gathering:

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- Finish Creating:

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- **Review:** (1.5-2 hrs total) – *Day 2 Topics + Materials & Activities:*

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Your Timeline; 5-Day Plan:

- **Day 3:**
 - **Review:** (1.5-2 hrs total) – *Day 3 Topics + Materials & Activities:*
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- **Day 4:**
 - **Review:** (1-1.5 hrs total) – *Day 4 Topics + Materials & Activities:*
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 - **Self-Test in a test-like setting & check your work** (1-2 hours)

- **Day 5:**
 - **Review:** *missed questions/concepts on self-test* (1-2 hr(s))
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 - **Get good rest.**

- **Day 6; Test Day:**
 - Go about your normal daily routine.
 - Eat a light meal.
 - Don't over/under use caffeine (do as you would normally)

Your Calendar; 5-Day Plan:

DAY 1:	DAY 2:	DAY 3:	DAY 4:	DAY 5:
GATHER:	GATHER:	REVIEW:	REVIEW:	REVIEW:
CREATE:	CREATE:			
	REVIEW:			