

Exam Prep 5-Day Study Plan: *Course Material Break-Down Style*

This style of study plan can be utilized 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**, please see the 7-Day version if desired.

What makes this style unique is the way you go about breaking down your studying into smaller/more manageable chunks-- with this method, you'll break down the course material into **parts** and label them for convenience, and you'll revisit parts throughout the plan.

When you have a large amount of material to study for an exam, commit about 2 hours per day of very structured study time. A place to plan this, and tips for time, are found on the last pages.

Day 1: First, assess and organize:

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

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

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.).

Next, list out your study material parts below:

Break down your course materials (e.g. chapters in your text and corresponding lecture notes, supplemental course material such as videos or other readings, etc.-- anything that may be on the exam) into **4 equal parts: A, B, C, & D** (with "A" being *older* material and "D" being the most *recently* covered material).

Example: If chapters 1-8 will be on the exam, you might divide them as follows:

A=Ch. 1-2 material, B=Ch. 3-4 material, C=Ch. 5-6 material, D=Ch. 7-8 material. (Note: if you don't have an even amount of content, the division may not be entirely equal, in such situations, it's better to get the larger parts out of the way early on).

A:

B:

C:

D:

Next, Select Preparation & Review Strategies and write out your plan:

Select **2-3 Preparation Strategies** and **2-3 Review Strategies** for **EACH part** of study materials.

Suggestions/Notes on Selecting Strategies:

- If some parts are smaller, do 2, if they're larger, do 3. If it doesn't make sense to do more than one preparation and one review strategy for a part, then it's okay to just do one of each.
- Choose strategies that make the most sense for this particular exam.
 - This includes ensuring that if you'll have access to some material during the exam, such as a notecard or open-note, prioritize making that material useful (organized, easy to read, etc.), but *do not over-study it* (because you'll have access to it), instead, *study the materials you won't have access to*.
- Strategies can be repeated/reused as the days go on.
- Make sure that your review strategies complement your preparation strategies
 - (e.g., **Prepare**: create outline, make flashcards. **Review**: review flashcards and self-quiz on outline).
- The strategies you choose can be selected from the lists of examples below, pulled from personal sources/experience, or from our **Exam Prep: How to Study with Bloom's Taxonomy** resource (which offers both individual and group study strategies).

Notes on how the study plan works:

- Each day, you will *prepare* one **part** (two on Day 1) of material (i.e. A, B, C, etc.) to begin *reviewing* the next day.
- Each day (except Day 1) you will review the part of the material you prepared the previous day(s).
- As the days go on, you will spend less and less time on the parts you've reviewed the most.

Preparation Strategies:

- making flashcards
- taking notes from your textbook
- creating a study sheet or outline
- organizing & summarizing class notes
- predicting essay questions & their answers
- predicting multiple choice questions
- drawing a mind map
- drawing diagrams
- listing practice problems and/or formulas
- reviewing study guides

Review Strategies:

- practicing with flashcards
- reciting main ideas from your notes without looking
- writing notes from memory, then comparing
- quizzing yourself on the outline or study guide
- quizzing yourself on the predicted questions
- re-creating mind maps or diagrams from memory, then comparing
- completing practice problems and reciting formulas from memory
- explaining concepts to study group members/classmates

Write out your plan in the Timeline & Calendar:

- Write out your strategy selections, and any other pertinent details (page numbers, slideshow names, etc.) in the **Timeline** page.
- If you prefer a calendar format, add information to your **Calendar** that corresponds to your **Timeline**.
- The times provided in the **Timelines** are *suggestions*, adjust and break up time as you see fit, especially for Prepare tasks that may take longer.
- Add additional review to the last day, as needed, *after Self-Testing*.
 - Note: There are many ways to go about self-testing, you should do whatever makes the most sense for you and this particular exam-- this could be answering practice problems, labeling diagrams, writing short essays comparing/contrasting or analyzing related concepts/theories, using Quizlet's "Test" option on flashcards you made, etc.).
 - The important things are:
 - While you're self-testing, only allow yourself access to the materials you'll be able to access during the real exam;
 - After you finish self-testing, you must have some way of "grading" yourself - this may mean checking for answers online, or in the back of text book, comparing your work to the rest of your course materials, or reaching out to a TA or your professor for help determining the accuracy of your short essays, etc.

Your Timeline; 5-Day Plan:

Day 1:

Prepare A: {
30 min {
▪
▪
▪

Prepare B: {
30 min {
▪
▪
▪

Day 2:

Prepare C: {
30 min {
▪
▪
▪

Review B: {
35 min {
▪
▪
▪

Review A: {
35 min {
▪
▪
▪

Day 3:

Prepare D: {
30 min {
▪
▪
▪

Review C: {
35 min {
▪
▪
▪

Review B: {
25 min {
▪
▪
▪

Review A: {
10 min {
▪
▪
▪

Your Timeline; 5-Day Plan:

Day 4:

Review D {
35 min {
▪
▪
▪

Review C: {
25 min {
▪
▪
▪

Review B: {
10 min {
▪
▪
▪

Review A: {
5 min {
▪
▪
▪

Self-Test; All Parts:

Give yourself the same amount of time you'll have to take the exam, then "grade" yourself.

- Describe the approach you'll use to self-test:

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Your Timeline; 5-Day Plan:

Day 5:

Review the questions/topics you missed on the self-test:

A:

B:

C:

D:

Your Calendar; 5-Day Plan:

DAY 1:	DAY 2:	DAY 3:	DAY 4:	DAY 5:
PREPARE:	PREPARE:	PREPARE:	REVIEW:	REVIEW:
	REVIEW:	REVIEW:		