

FIVE DAY STUDY PLAN

WAYS TO PREPARE:

- Create study sheets to organize and review key concepts.
- Make notecards with definitions, questions, formulas, or practice problems for active recall.
- Outline your notes to reinforce understanding and highlight important information.
- Take self-tests to assess your knowledge and identify areas for improvement.
- Prepare materials for study groups to collaborate and learn from others.
- Predict potential test questions to focus your studying on likely topics.



WAYS TO REVIEW:

- Recite answers aloud from study sheets and notecards to reinforce memory.
- Take self-tests to check understanding and simulate test conditions.
- Recite main points from memory to strengthen recall.
- Re-create charts, diagrams, and lists without notes to test retention.
- Teach or explain material to a study group to deepen understanding.
- Practice answering essay questions to improve written responses and organization.
- Reread lecture slides, elaborating on key ideas and adding personalized notes.



Example of a Five Day Study Plan

Thursday

- ✓ Prepare Chapter 1
-2 hrs

Friday

- ✓ Prepare Chapter 2
-2 hrs
- ✓ Review Chapter 1
-1/2 hr

Saturday

- ✓ Prepare Chapter 3
-2 hrs
- ✓ Review Chapter 2
-1/2 hr
- ✓ Review Chapter 1
-1/4 hr

Sunday

- ✓ Prepare Chapter 4
-2 hrs
- ✓ Review Chapter 3
-1/2 hr
- ✓ Review Chapter 2
-1/4 hr
- ✓ Review Chapter 1
-1/4 hr

Monday

- ✓ Review Chapter 4
-2 hrs
- ✓ Review Chapter 3
-1/2 hr
- ✓ Review Chapter 2
-1/4 hr
- ✓ Review Chapter 1
-1/4 hr

SELF TEST

CLASS:

DATE : / /

TEST FORMAT
(easy, choice, etc.)

STUDY
LOCATION:

	TASK	COURSE CONTENT	TIME NEEDED	COMPLETED
DAY 1	PREPARE:			
	REVIEW:			
DAY 2	PREPARE:			
	REVIEW:			
DAY 3	PREPARE:			
	REVIEW:			
DAY 4	PREPARE:			
	REVIEW:			
DAY 5	PREPARE:			
	REVIEW:			

Reflection

What grade am I aiming to achieve?

What grade did I earn?

What worked well?

How can I improve next time?