**5-DAY STUDY PLAN**

For a typical test give yourself 5 days to study prior to the test. This is a proven guideline that helps you avoid cramming, learn more deeply, and remember materials so you can be more successful on your tests.

| DAY 1 | • Look over all of the materials—text, lecture notes and handouts—to get organized  
|       | • Determine what material will be the most difficult to learn  
|       | • Section off the remaining material into easy to handle amounts  
|       | • Plan to study for two hours each day |

| DAY 2 | • Begin with the most difficult material; this will give you more time to study  
|       | • Study intensely using the Study Cycle handout  
|       | • Explain concepts, define terms and make note cards  
|       | • Test yourself by reciting information out loud in your own words |

| DAY 3 | • Study the remaining easier material  
|       | • Read out loud, define terms, and make note cards  
|       | • Use recitation for thorough understanding and retention  
|       | • Visit your professor’s office hours or meet with a tutor for any lingering questions |

| DAY 4 | • Study all of the material thoroughly from beginning to end  
|       | • Review the information you know well  
|       | • Spend more time and effort in the difficult areas  
|       | • Ask yourself possible test questions or have someone else quiz you |

| DAY 5 | • Briefly review the material  
|       | • Confirm any final questions  
|       | • Go to bed early |

CWU ACADEMIC SUCCESS CENTER