# 5-DAY STUDY PLAN

For a typical test, utilize 5 days prior to the test to study. Five days of study is a proven guideline that helps to avoid cramming, learn more deeply, and remember materials for greater success on tests.

| DAY 1 | • Look over all of the materials (text, lecture notes, handouts, etc.) to get organized  
|       | • Determine what materials will be the most difficult to learn  
|       | • Section off the remaining material into manageable amounts  
|       | • Plan to study for two hours each day |
| DAY 2 | • Begin with the most difficult material - this will allow for more time to study it  
|       | • Study intensely using the Study Cycle handout  
|       | • Explain concepts, define terms and make note cards  
|       | • Test oneself by reciting information out loud in 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 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 well known information  
|       | • Spend more time and effort in the difficult areas  
|       | • Practice answering possible test questions alone or with someone else. |
| DAY 5 | • Briefly review the material  
|       | • Confirm any final questions  
|       | • Go to bed early |