

### The Five Day Study Plan

#### Keys to the Five Day Study Plan:

1. You space out your learning over a period of 5 days.
2. During each day, you prepare a new chapter or chunk of information, and then review previous material.
3. Divide material so you can work on it in chunks.
4. Use active learning strategies (writing and reciting) to study the material.
5. Use self-testing techniques to monitor your learning.

8 to 10 hours of studying may be required to get an A or a B on an exam. This is just a general guideline. You may need to allot more or less time depending on the difficulty of the class.

#### How to Make the Five Day Study Plan

1. Break the material into chunks. The chunks can be broken up by chapter or based upon the structure of the course.
2. Plan to study between 2-3 hours each day.
3. Typically, you will focus each study session on preparing one chunk of material and reviewing previous chunk(s) of material. For example:

Tuesday:

- Prepare 1<sup>st</sup> chunk—2 hours

Wednesday:

- Prepare 2<sup>nd</sup> chunk—2 hours
- Review 1<sup>st</sup> chunk—30 minutes

Thursday:

- Prepare 3<sup>rd</sup> chunk—1.5 hours
- Review 2<sup>nd</sup> chunk—30 minutes
- Review 1<sup>st</sup> chunk—15 minutes

Friday:

- Prepare 4<sup>th</sup> chunk—1 hour
- Review 3<sup>rd</sup> chunk—30 minutes
- Review 2<sup>nd</sup> chunk—15 minutes
- Review 1<sup>st</sup> chunk—10 minutes

Sunday:

- Review 4<sup>th</sup> chunk—30 minutes
- Review 3<sup>rd</sup> chunk—20 minutes
- Review 2<sup>nd</sup> chunk—15 minutes
- Review 1<sup>st</sup> chunk—10 minutes
- Self-Test

*\*Note: Your largest chunk (or most challenging chunk) of material should be your first, as you will have all five days to prepare & review that. Each successive chunk should become smaller (or less challenging).*

Adapted from Cornell University, [www.lsc.cornell.edu](http://www.lsc.cornell.edu)

*Preparation Strategies:*

- Develop study sheets
- Develop concept maps
- Make word cards
- Make question cards
- Make formula cards
- Make problem cards
- Make self-tests
- Do study guides
- Re-mark test material
- Make a list of 20 topics that would be on the exam
- Define the list of 20
- Do problems
- Outline
- Summarize material
- Chart related material
- List steps in the process
- Predict essay questions
- Plan essay answers
- Write essay answers
- Answer questions at the end of the chapter
- Prepare material for study group

*Review Strategies:*

- Recite study sheets
- Replicate concept maps
- Recite word cards
- Recite question cards
- Practice writing formulas
- Work problems
- Take self-tests
- Practice study guide info out loud
- Take notes on re-marked text
- Recite list of 20
- Do “missed” problems
- Recite main points from outline
- Recite notes from recall cues
- Recite out loud
- Re-create chart from memory
- Recite steps from memory
- Answer essay questions
- Practice reciting main points
- Write essay answers from memory
- Recite answers
- Explain material to group members or study partners

*Definition of Student Success:*

The true measure of student success is how well students are prepared to accomplish their current and future academic, personal, and professional goals through the development of knowledge, a sense of responsibility and self-reliance, and a connection to the college and wider community.

*Learning Outcome:*

Personal Reflection: By engaging in a five day study plan you are exhibiting the student success learning outcome of personal reflection. This means that you are thinking reflectively about what you are learning, while also connecting it to what you have already learned or previously experienced.