

Five Day Study Plan

Keys to the Five Day Plan – The “How To”:

- Space out your learning over a period of 5 days
- During each day, you prepare a new chapter or chunk of information, and then review previous material
- Divide material so you can work on it in chunks
- Use active learning strategies (e.g. writing, reciting, teaching) to study the material
- Use self-assessment to check your learning

Three-Part Plan:

- ✓ Organization
- ✓ Preparation and Review
- ✓ Follow Your Plan

Part 1: Organization

Begin with dividing your material (e.g. chapters in your text and corresponding lecture notes) into 4 equal parts: A, B, C, & D - with “A” being the older material and “D” being the most recently covered material.

Example: if chapters 1-8 of your psychology text will be on your upcoming test, you can divide them as follows:

- A = Chapters 1-2
- B = Chapters 3-4
- C = Chapters 5-6
- D = Chapters 7-8

Part 2: Preparation & Review

Select 2-3 Preparation and Review strategies for *each* of your four groups of study materials (A-D), and list them in your 5-day study plan chart.

Make sure that your review strategies complement your preparation strategies.

Ex: Prepare strategies: create outline, make flashcards. REVIEW strategies: review flashcards, self-quiz on outline. Then, follow the plan, noting the rotation of the different groups of materials (A, B, C, D) and how much time is spent on each one.



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Five Day Study Plan

Preparation	Review
<i>Each day you will prepare one section of material to review the following day. Includes tasks such as:</i>	<i>Each day (except for the first) you will review the material you prepared the day before. Includes tasks such as:</i>
Take Cornell notes from textbook	Recite main ideas from your notes
Create a study guide	Teach content to imaginary or real friend
Create mock essay questions	Write answers to essay questions
Create mock multiple choice questions	Answer your mock exam questions
Draw a concept map	Explain content to a study group member
Organize old homework	Work through homework problems with no notes, solved examples, nor any help (like you would on a test)
Organize lecture notes	Summarize, in writing, lecture notes
Organize old exams and quizzes	Re-do missed problems from past exams
Create flashcards with concepts	Quiz yourself with flashcards

Part 3: Follow Your Plan

Day 1

Prepare Part A: 2 hours

Day 2

Prepare Part B: 2 hours

Review Part A: 30 minutes

Day 3

Prepare Part C: 1.5 hours

Review Part B: 30 minutes

Review Part A: 15 minutes

Day 4

Prepare Part D: 1 hour

Review Part C: 30 minutes

Review Parts A & B: 15 minutes each

Day 5

Review Part D: 25 minutes

Review Part C: 15 minutes

Review Part B: 10 minutes

Review Part A: 10 minutes

Self-test on A, B, C, D: 1 hour

Adapted from Texas A&M University FOCUS Learning Community



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