

Five-Day Study Plan

Before beginning the five-day countdown, you should collect all materials needed to review. This includes textbooks, notes, handouts, study guides – anything and everything pertaining to information that will be on the test.

You will then divide the material into 4 parts. The parts should decrease in the amount of content covered. Begin with the most recent material and work backwards. Each part should include a mix of readings/notes/handouts/guides.

Your 4 parts:

1. _____
2. _____
3. _____
4. _____

This example shows how you can prepare for a test that is five days away:

Day 1: 2 hours	Day 2: 2 ½ hours	Day 3: 2 ¼ hours
<ul style="list-style-type: none"> • Prepare Part 1 	<ul style="list-style-type: none"> • Prepare Part 2: 2 hours • Review Part 1. 30 mins. 	<ul style="list-style-type: none"> • Prepare Part 3: 1 ½ hours • Review Part 2: 30 mins. • Review Part 1: 15 mins.
Day 4: 2 hours	Day 5: 2 hours	TEST DAY
<ul style="list-style-type: none"> • Prepare Part 4: 1 hour • Review Part 3: 30 mins. • Review Part 2: 15 mins. • Review Part 1: 15 mins. 	<ul style="list-style-type: none"> • Review Part 4: 25 mins. • Review Part 3: 15 mins. • Review Part 2: 10 mins. • Review Part 1: 10 mins. • Self-test on parts 1-4: 1 hour 	<ul style="list-style-type: none"> • Stick to your routine (e.g., get enough sleep, eat meals, and attend classes.) • Review material but avoid cramming.

Preparation is an active process in which you use all your materials to create study sheets, flashcards, etc.

Review is testing your knowledge and includes recitation, reworking problems, taking practice exams/quizzes, etc.

It's important to remember that the timetable above is adjustable and should be used as a guide.

- You can increase or decrease study session times depending on the difficulty of the course.
- If you want to incorporate rest days, you will need to start studying earlier, e.g., one week could include two days of rest.