

Test Prep: How to Make a Five Day Study Plan

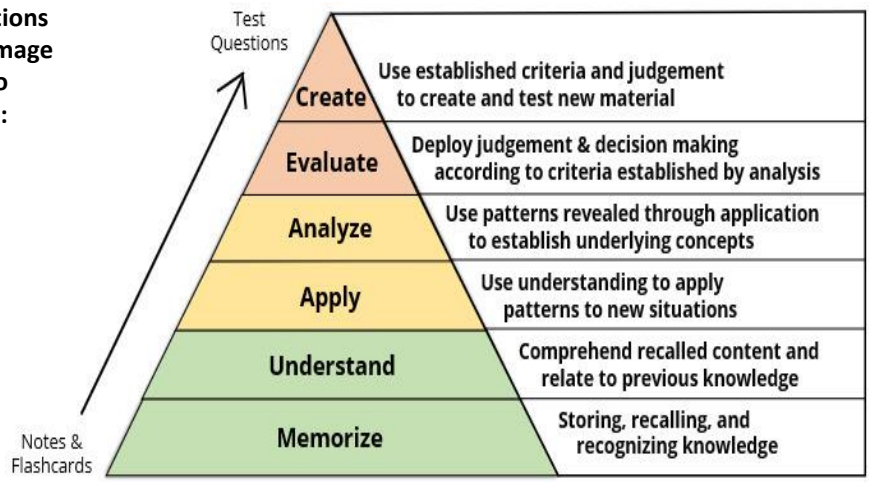
Study Plan Steps	Curve of Forgetting	Study Plan Tips
<ol style="list-style-type: none"> 1. Prepare your materials. Organizing and prioritizing is just as important as the actual reviewing. 2. Divide the material by difficulty with highlighters – Green (Know), Yellow (Know w/aid), Red (Don't know). 3. Prioritize what, how long, and when you study using those colors. 4. Chunk each review session into 30 minute pieces, spaced throughout the day. 5. Improve your process. After each test, think about your process and improve what didn't work for you. 	<p>The graph shows three curves representing the forgetting of material over 7 days. The y-axis is 'Material Retained (%)' from 60 to 100. The x-axis is 'Elapsed Time (Days)' from 0 to 7. The top curve (blue) starts at 100% at day 0 and drops to ~95% at day 7. The middle curve (orange) starts at 100% at day 1 and drops to ~85% at day 7. The bottom curve (grey) starts at 100% at day 2 and drops to ~75% at day 7. Vertical dashed lines indicate review points at days 1, 3, and 5. Arrows labeled 'First learned' point to days 0, 1, 2, and 3. An arrow labeled 'Reviewed' points to days 3, 4, 5, and 6.</p>	<ul style="list-style-type: none"> • Don't spend more than 2 hrs. per day and 30 min. per session studying for a subject or course • Finish all readings & notes before you start your plan • Reading is not studying and rote memorization is the least effective way to spend your study time • Study smarter – time management and prioritizing the material gets the best result in the least time. • Your plan should end at least a day before the exam. • Get sleep and don't cram before the exam. • Resist the urge to study the day of the exam.

Prepare Review

Prepare 2 hrs.	Prepare: 1.5 hrs. Review: 30 min.	Prepare: 1 hrs. Review: 1 hrs.	Prepare: 30 min. Review: 1.5 hrs.	Review: 2 hrs.
Day 1 - Organize	Day 2 - Inventory	Day 3 – Find Help	Day 4 – Review	Day 5 – Practice
<ul style="list-style-type: none"> - Have all your material (notes, text, etc.) in one place. - Outline the material you need to study – what's on the test? - Mark weak/strong areas under each topic 	<ul style="list-style-type: none"> -Take inventory of progress Green: Know without notes Yellow: Know with notes/aid Red: Don't know/understand -Write down any questions you have to answer later -Review yellow and green items 	<ul style="list-style-type: none"> -Get help on red-items (visit office hours, study group, tutor) -Review textbook and use internet resources to find missed information -Review mostly yellow and some green items 	<ul style="list-style-type: none"> -Redo inventory: has any of the material changed colors? -Get further help on red-items as needed -Review mostly red/yellow and some green 	<ul style="list-style-type: none"> -Create your own example questions & practice test -Ensure you have answered any question you had from day 2 -Review mostly red and some yellow

Reviewing notes & flashcards alone is not enough to ensure a good test-grade. Often test questions ask you to use what you know at higher levels of critical thinking than just memorization (see image right). Dividing material into colors by difficulty helps, as difficult material often corresponds to those difficult types of test questions. Different colors will require different methods of review:

Green Material	Yellow Material	Red Material
Spend least time (20 min)	Spend some time (40 min)	Spend most time (1 hr.)
<ul style="list-style-type: none"> -Make flashcards/study guide -Use flashcard app with SRS (Anki, Quizlet) to maximize retention and minimize wasted time -Outline, summarize -Paraphrase or put into own words 	<ul style="list-style-type: none"> -Come up with real-world applications -Work example questions -Make chart, diagram, or concept map -Make timeline or hierarchy -List underlying principles, rules, or theories 	<ul style="list-style-type: none"> -Create your own example questions or problems -Teach concept to classmate and quiz each other -List criteria, fix errors, or fill-in missing info -Critique or judge material -Work open-ended questions



Five Day Study Plan Template

Use the below template to create your study plan. Break down the timeline of how you will prepare and review the test-material. Use the bottom section to organize the methods & study techniques you'll use to review. After the test, replace the methods that were not effective with new methods you haven't tried.

<h2>Prepare</h2>	<h2>Review</h2>
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Day 1	Day 2	Day 3	Day 4	Day 5
<p>Prepare: 2 hours</p> <ul style="list-style-type: none"> •••••••••••••••••••• 	<p>Prepare: 1.5 hours</p> <ul style="list-style-type: none"> •••••••••••••••••••• <p>Review: 30 minutes</p> <ul style="list-style-type: none"> ••••• 	<p>Prepare: 1 hour</p> <ul style="list-style-type: none"> •••••••••••••••• <p>Review: 1 hour</p> <ul style="list-style-type: none"> •••••••••••••••• 	<p>Prepare: 30 minutes</p> <ul style="list-style-type: none"> •••• <hr/> <p>Review: 1.5 hours</p> <ul style="list-style-type: none"> •••••••••••••••••••• 	<p>Review: 2 hours</p> <ul style="list-style-type: none"> ••••••••••••••••••••

List the study methods & activities you will use to review each category below.

Green Material (know)	Yellow Material (mostly know)	Red Material (do not know)
Spend least study time	Spend some study time	Spend most study time

Test Prep: How to Make a Five Day Study Plan

An effective study plan should use a variety of study methods. The list below contains study methods that range from high-effort, low-effect methods such as reading course material and listening to lectures to far more effective and time-saving methods that engage all of your critical faculties and prepare you to answer the types of questions you'll be tested over.

Study Methods:

Match the items in the left column to the corresponding item in the column on the right.

- | | |
|--|---|
| ___ 1). Read class material & listen to lecture | a). When you need to simplify and put something in your own words |
| ___ 2). Take notes | b). To understand the material's use in practice, not just theory |
| ___ 3). Make flashcards | c). Takes most time with least effect |
| ___ 4). Summarize or paraphrase | d). When the material is not personally relatable or too abstract/theoretical |
| ___ 5). Relate to real-world or personal experience | e). The best way to learn is to _____ |
| ___ 6). Answer practice questions & practice problems | f). Apply critical thought to prepare these for further study and test-prep |
| ___ 7). Do labs, hands-on activities, or case-studies | g). Helps apply & practice what you've learned |
| ___ 8). Create concept maps, charts, graphs, or diagrams | h). To understand the methods and critical thought needed for a test |
| ___ 9). Fix errors or complete missing info | i). Method not as effective without further processing |
| ___ 10). Process your notes for study | j). Helps visually organize complex material |
| ___ 11). Organize study material by difficulty | k). Knowing what is wrong takes as much judgment as knowing what is right |
| ___ 12). Create and work your own test problems | l). To know where to focus your studies and what to spend less time on |
| ___ 13). Work with a tutor or study group | m). When you have lots of definitions and vocabulary |
| ___ 14). Teach material to fellow classmate | n). To learn how your peers approach the material and receive feedback |

It is important for new students to examine their study habits, try new methods, and remove ineffective ones. Not all study methods are created equal, and some engage far more of your brain for far longer. Higher-order study methods reduce the time you take to study and increase its effectiveness. Answer the questions below to help find a new method and evaluate your current study habits.

How many of the above study methods have you used before? How many do you use regularly?

Do you do more of the items from the top of the list (less critical thinking) or the bottom (more critical thinking)?

Pick the highest order method you regularly use for studying and try a method one step higher the next time you study.

What method did you pick and why might it be more effective?