



5 DAY STUDY PLAN

DAY 1:

- **Get all relevant course materials:** Collect notes (from readings, class/professor), graded work, and, if the exam is cumulative, past exams. Include any previous study guides you have made, or the professor's study guide (if provided).
 - **Get to know your exam:** Is it cumulative? What type of course content is covered (text-book chapters, lectures, practice problems)? What is the test format? Does the professor provide a study guide? Check the syllabus and ask the professor/TA if needed.
 - **Create an outline of the big picture:** make a list from beginning to end of all of the concepts/topics/problem types that you will need to study. Before referring to course materials, try to write down as much as possible from memory, filling in the gaps.
 - **Assess your understanding:** Review your list and determine how well you know each topic, marking or highlighting what you think you'll need to focus on most.
 - **Make your schedule:** Assign a portion of your list to each remaining day, setting goals for each study session. Leave the last day for a final wrap-up and review.
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DAY 2:

- **Review your plan:** Check your goals for the day's study session, and the material that you will study. Compare across relevant course materials (notes, problems, powerpoints, etc.) to create a detailed & condensed study guide for that day.
 - **Prioritize:** For each day, start with the topics you find most challenging, and move on to review the topics that you understand better.
 - **Study:** Use active study strategies that align with your exam format (practice problems for problem solving exams, practice essays for essay exams. etc.). A few ideas: Practice retrieving information from memory, find specific examples for abstract ideas, connect concepts with visuals (ex: make your own charts and concept maps). Just re-reading notes is typically not as effective as other methods.
 - **Assess:** For the last 15 minutes of your study session, check in to see how things went. How do you feel about each topic that you studied? Will you need to dedicate time to any of these tomorrow? Adjust your study plan as needed.
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DAY 3:

- **Repeat:** steps from Day 2. Remember to take breaks! Studying in short chunks is more effective than marathon study sessions. Try 30 mins with a 5 min break, or adjust your schedule to what works for you.
 - **Re-evaluate:** Briefly review topics from all previous days and, assess: would it be helpful to seek additional support for anything you have studied? Consider connecting with a classmate, TA, professor, or tutor if needed.
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DAY 4:

- **Repeat:** steps from Days 2 and 3. Practice self-care: work on getting enough sleep (at least 8hrs), eat healthy foods, take some time for movement, leave time to unwind or meditate, connect with friends and community, whatever works best for you. Keeping a balance is just as important as studying!
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DAY 5:

- **Organize, Review, Rest!** Gather study guides from each day, and complete a final review of each one, focusing on the most challenging material. Keep up the self care, and give yourself credit for all of your hard work!