

Implementing the “Five Day Study Plan”

Steps:

- 1. Determine the amount of information you will need to know for the exam. How many are there?**
 - If there are four topics, a five day plan would be appropriate. There should be one more day than there are topics.
- 2. Use a calendar to mark the date when the exam will be given. Start counting backwards from that date for as many days as you need to prepare – 4, 5, 6, 7, etc.**
 - If there any days when you know you will not be able to study, skip over them in the counting process. On your calendar mark “Day 1,” “Day 2”, etc. until the test date.
 - (Number of days = number of “chapters” or “topics” plus one.)
- 3. For each day except the last day, plan what active exam preparation strategies you will use to prepare**
- 4. The first day of the plan always involves preparation of the oldest material. This is because time has made this material less familiar to you.**
 - Subsequent study days involve preparation for the review of the material created up to that point. The last day is always reserved for overall review.
- 5. The last step is to write out your plan for each exam and put it into action.**
 - The study plan provides an integrated approach to learning, and avoids cramming. It will also help reduce stress and test anxiety.