

## WHY?

*-It's not just a hope...but a plan*

1. You **space out your learning** over time, (they always say start early right?!)
2. Divide material so you can work on it in **manageable chunks**.
3. It promotes self-testing techniques—the most **efficient and effective way to study**!

## HOW?

1. For each week, break the material into four chunks. If it can be divided by chapter or lectures, use that. If not, make up your own chunks based on the structure of the material.
2. Plan to spend about 2 hours studying on each of the five days per subject.
3. You work on the material in 2 ways: You **Prepare**, and you **Study**.

### Five Day Study Plan Example:

Study smaller chunks of class materials each day leading up to the exam, in short 1-2 hour study sessions. This chunking strategy increases memory retention by pacing and spacing out your study time.

| US 103<br>Course                                         |                    | Jan 13<br>Date     |                                      |                                                          |                                                                              |  |
|----------------------------------------------------------|--------------------|--------------------|--------------------------------------|----------------------------------------------------------|------------------------------------------------------------------------------|--|
|                                                          | DAY 1              | DAY 2              | DAY 3                                | DAY 4                                                    | DAY 5                                                                        |  |
| <b>CONCEPT CHUNKS</b><br>(ex. Day 1: Study lectures 1-3) | Prepare<br>Chunk 1 | Prepare<br>Chunk 2 | Prepare<br>Chunk 3                   | Prepare<br>Chunk 4                                       |                                                                              |  |
| <b>SELF QUIZZING TOOLS</b><br>(ex. flash cards)          |                    | Study<br>Chunk 1   | Study<br>Chunk 2<br>Study<br>Chunk 1 | Study<br>Chunk 3<br>Study<br>Chunk 2<br>Study<br>Chunk 1 | Study<br>Chunk 4<br>Study<br>Chunk 3<br>Study<br>Chunk 2<br>Study<br>Chunk 1 |  |

CREATING A

# STUDY DAY PLAN

# TEST PREPARATION STRATEGIES

## PREP

- Develop study sheets
- Make Flashcards
- Develop concept maps
- Make question cards
- Make formula cards
- Make problem cards
- Make self-tests
- Do study guides
- Re-mark test material
- Make a list of 20 topics that would be on the exam
- Define the list of 20
- Do problems, Outline
- Summarize material
- Chart related material
- List steps in the process
- Predict essay questions
- Plan essay answers
- Write essay answers
- Answer questions at the end of the chapter
- Prepare material for study group

## STUDY

- Recite study sheets
- Replicate concept maps
- Recite flashcards
- Recite question cards
- Practice writing formulas
- Work problems
- Take self-tests
- Practice study guide info out loud
- Take notes on re-marked text
- Recite list of 20
- Do "missed" problems
- Recite main points from outline
- Recite notes from recall cues.
- Recite steps from memory
- Answer essay questions
- Practice reciting main points
- Write essay answers from memory
- Explain material to group members or study partners
- Answer end of chapter review questions.