

5 Day Test Prep

The **5 Day Test Preparation** plan explains the key concepts of the five-day study plan, shows you how to organize your study materials, and prepares you for success with a study strategy that works!

Key Concepts of the 5 Day Test Preparation

- 1.Start Early.** Consider beginning your studying early, this gives you time to organize study materials, ask questions, and review information, well before your exam!
- 2.Use short, frequent study sessions.** Studying for about 30-50 minutes with breaks should be enough time to complete your studying. If you study for long hours at a time, you may not retain the information you are trying to review.
- 3.Structure your study time over 5 days.** Instead of studying a day or two before your exam, consider studying for five days so you can become familiar with the information you will be assessed on.
- 4.Commit to your plan.** You are in the driver's seat of your learning, consider creating a study plan that works and is realistic for you!

Implementing 5 Day Test Preparation:

- Consider dividing the material you need to study into **4 chronological and equal parts**
 - A.(Oldest material)
 - B.(Second oldest material)
 - C.(Third oldest material)
 - D.(Newest information)
- For each of day of your study plan, you will select 2-3 **preparation and review** strategies to help you prepare. The only day you will not review is first day.

P
R
E
P

- Make flash cards
- Create a study guide
- Create concept maps
- Organize/summarize class notes
- Predict test questions
- List formulas
- Complete onlinereviews

R
E
V
I
E
W

- Practice with flash cards
- Recite main ideas from notes without looking
- Recreate mind maps from memory
- Rewrite your notes from memory
- Quiz yourself on predicted test questions
- Recite/rewrite formulas
- Complete practiceproblems

DAY 1

Prepare Part A:
1 – 2 hours

1 – 2 hours

DAY 2

Prepare Part B:
1 – 2 hours

Review Part A:
30 min – 1 hr

1.5 – 3 hours

DAY 3

Prepare Part C:

1 – 2 hours

Review Part B:
30 min – 1 hr

Review Part A:
15 – 30 min

1.75 – 3.5 hours

DAY 4

Prepare Part D:
1 – 2 hours

Review Part C:
30 min – 1 hr

Review Part B:
15 – 30 min

Review Part A:
15 – 30 min

Self - Test

2 – 4 hours

DAY 5

Review Part D:
30 min – 1 hr

Review Part C:
10 – 20 min

Review Part A & B:
20 – 40 min

Relax

2 – 4 hours

Planning Your 5 Day Test Preparation. Use the space and the chart below to create your own five-day study plan. Label what your A. B. C. D. study topics are for each day of review!

A. _____ C. _____

B. _____ D. _____

Fill in the 2-3 strategies you will use in each block using the examples on the previous page

<p>DAY 1</p> <p>Date:</p>	<p>Prepare A (1 – 2 Hours)</p> <ul style="list-style-type: none"> • _____ • _____ • _____ 	
<p>DAY 2</p> <p>Date:</p>	<p>Prepare B (1 – 2 Hours)</p> <ul style="list-style-type: none"> • _____ • _____ • _____ 	<p>Review A (30 Min - 1 Hours)</p> <ul style="list-style-type: none"> • _____ • _____ • _____
<p>DAY 3</p> <p>Date:</p>	<p>Prepare C (1 – 2 Hours)</p> <ul style="list-style-type: none"> • _____ • _____ • _____ <p>Review B (30 Min - 1 Hours)</p> <ul style="list-style-type: none"> • _____ • _____ • _____ 	<p>Review A (15 – 30 Min)</p> <ul style="list-style-type: none"> • _____ • _____ • _____
<p>DAY 4</p> <p>Date:</p>	<p>Prepare D (1 – 2 Hours)</p> <ul style="list-style-type: none"> • _____ • _____ • _____ <p>Review C (30 Min - 1 Hours)</p> <ul style="list-style-type: none"> • _____ • _____ • _____ 	<p>Review B (15 – 30 Min)</p> <ul style="list-style-type: none"> • _____ • _____ • _____ <p>Review A (15 – 30 Min)</p> <ul style="list-style-type: none"> • _____ • _____ • _____ <p>Self-test</p>
<p>DAY 5</p> <p>Date:</p>	<p>Review D (30 Min – 1 Hour)</p> <ul style="list-style-type: none"> • _____ • _____ • _____ <p>Review C (10 – 20 Min)</p> <ul style="list-style-type: none"> • _____ • _____ • _____ 	<p>Review A & B (20 – 40 Min)</p> <ul style="list-style-type: none"> • _____ • _____ • _____ <p>Relax</p> <ul style="list-style-type: none"> • _____ • _____ • _____

Other Tools/Techniques to Consider _____