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5 Day Study Plan

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5 Day Study Plan

What do you do when you get a test back?
Do you throw it away, never to look at it again?

With careful analysis, you can learn from your strengths and weaknesses. After your next test, fill out the below: Item wrong:

Problem:	Item #	Item #	Item #	Item #	
I did read the question					Under prepared
The answer wasn't in my notes					
I couldn't remember my notes					
I studied the wrong information					
I knew main ideas but not details					
I panicked					Test anxiety
I was distracted, hungry or tired					
I changed a right answer to a wrong one					
Question was confusing (double negatives, etc.)					Lack of preparation regarding test format
I couldn't decide between two choices					
I misread the question					Test-taking skills
I misread the directions					
I was not organized					
I ran out of time					
My answers were incomplete					
Other:					

Try using a five day study plan for your next test:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Read chapter	Attend lecture	Do homework questions	Study notes and index cards	Mock test	Take real test
Take notes	Reorganize lecture and book notes by main point	Do unassigned questions	Revise questions with more details	Review results and study deficiency areas	
Prepare questions for lecture	Key term index cards	Outline for mock essay	Draft 2 of essay		

Making a schedule

- Schedule unchangeable parts first such as: Class 10-11, Practice 3-4.
- Schedule all parts of your day, including early morning: “over breakfast, reread chapter 2”; study during different parts of the day to leverage
- Schedule increments and small steps. Example for a paper: Mon-brainstorm topics Tue-research topic feasibility and pick topic Wed- write outline Thurs-research Fri- start writing first draft
- Schedule review periods and organization sessions to outline notes or make notecards
- Schedule difficult tasks or work for when you are the freshest
- Be efficient: group errands and tasks together to prevent multiple trips to the same locations
- Give yourself wiggle room for emergencies and unplanned events: plan to submit assignments 1-2 days in advance
- Be specific. Don’t just write “do homework”, write a goal such as do problems 1-15.
- Coordinate with study group partners and assign tasks so that group members come prepared to meetings.
- Provide rewards for yourself and include non-monetary items and view time with friends or exercise as a reward