

EXAM STUDY

Ready to get the grade you want on your next exam?

START EARLY!

Here are some tips to get you on the road to success:

- To get an A or B on an exam, an average of 9-10 hours of studying is needed.
- Short, frequent study sessions are more effective than longer study sessions.
- Your brain is designed to learn smaller amounts of information over longer periods of time.
- Spend two hours a day studying over five days, rather than ten hours studying the day before.
- Use the Five-Day study plan

5-DAY STUDY PLAN

Space out your learning over a period of 5 days, planning to spend two hours a day studying. Each day, prepare a new chapter or chunk of information, then review previous material. By carefully following the plan, you will cover all of the material needed for the exam.

FIRST: GET ORGANIZED

The 5-Day Study Plan begins with dividing the material you need to study (e.g. chapters in your text and corresponding lecture notes) into 4 equal parts: A, B, C, & D (with “A” being the older material and “D” being the most recently covered material). For example, if chapters 1-8 of your Psychology text will be on your upcoming test, you can divide them as follows: A= Chapters 1-2, B= Chapters 3-4, C=Chapters 5-6, D=Chapters 7-8.

List your four groups of study materials here:

A: _____ B: _____
C: _____ D: _____

SECOND: SELECT PREPARATION AND REVIEW STRATEGIES

For each of your four groups of study materials (A, B, C, D), you will need to select 2-3 PREPARATION and REVIEW strategies. Take a look at the examples of the PREPARATION and REVIEW strategies listed below.

Preparation:

Each day you will prepare ONE section of material to review the following day.

Preparing includes tasks such as:

- making flash cards
- taking notes from your text book
- creating a study sheet
- organizing & summarizing class notes
- predicting essay questions & their answers
- predicting multiple choice questions
- drawing a mind map
- drawing diagrams
- listing practice problems and/or formula
- reviewing study guides
- etc.

Review:

Each day (except for the first) you will review the material you prepared the day before.

Reviewing includes tasks such as:

- practicing with flash cards
- reciting main ideas from your notes without looking; writing notes from memory
- quizzing yourself on the predicted essay or multiple choice questions
- re-creating mind maps or diagrams from memory
- completing practice problems and reciting formula from memory
- explaining concepts to study group members or classmates
- etc.

CREATE YOUR 5-DAY STUDY PLAN

Select 2-3 PREPARATION and REVIEW strategies for each of your four groups of study materials, and list them in your 5-day study plan chart. Make sure that your review strategies complement your preparation strategies. Ex: PREPARE strategies: create outline, make flashcards. REVIEW strategies: review flashcards, self-quiz on outline. Then, follow the plan, noting the rotation of the different groups of materials (A, B, C, D).

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Prepare Part A	Prepare Part B Review Part A	Prepare Part C Review Part B Review Part A	Prepare Part D Review Part C Review Part B Review Part A	Review Part D Review Part C Review Part B Review Part A Self-test on A,B,C,D
Prepare: *	Prepare: * Review *	Prepare: * Review * *	Prepare: * Review * * *	Review * * * * Self-Test