

# 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**
  - (Oldest material)
  - (Second oldest material)
  - (Third oldest material)
  - (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 online reviews

### 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 practice problems

## 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*

<b>DAY 1</b>  Date:	<b>Prepare A (1 – 2 Hours)</b> • _____ • _____ • _____	
<b>DAY 2</b>  Date:	<b>Prepare B (1 – 2 Hours)</b> • _____ • _____ • _____	<b>Review A (30 Min - 1 Hours)</b> • _____ • _____ • _____
<b>DAY 3</b>  Date:	<b>Prepare C (1 – 2 Hours)</b> • _____ • _____ • _____  <b>Review B (30 Min - 1 Hours)</b> • _____ • _____ • _____	<b>Review A (15 – 30 Min)</b> • _____ • _____ • _____
<b>DAY 4</b>  Date:	<b>Prepare D (1 – 2 Hours)</b> • _____ • _____ • _____  <b>Review C (30 Min - 1 Hours)</b> • _____ • _____ • _____	<b>Review B (15 – 30 Min)</b> • _____ • _____ • _____  <b>Review A (15 – 30 Min)</b> • _____ • _____ • _____  Self-test
<b>DAY 5</b>  Date:	<b>Review D (30 Min – 1 Hour)</b> • _____ • _____ • _____  <b>Review C (10 – 20 Min)</b> • _____ • _____ • _____	<b>Review A &amp; B (20 – 40 Min)</b> • _____ • _____ • _____  Relax • _____ • _____ • _____

**Other Tools/Techniques to Consider** \_\_\_\_\_