

5-Day Study Plan

Overview: The 5-Day Study Plan is a great alternative to the stress of an "all-nighter." This plan is effective because the brain processes information better and retains information longer when studying occurs in short increments spread over a series of days. Use the steps and template below to create your own 5-Day plan and feel prepared for your next exam.

Step 1: Space out your exam preparation over a period of at least 5 days, devoting roughly 2 hours each day to studying

Step 2: Divide your material into 4 or more sections or chunks. Each chunk of information will be introduced or reviewed in a 2-hour study session (see example below)

Step 3: In each study session, introduce and cover a new section of material, then review what you studied the previous day

Step 4: Use active study strategies each day

Step 5: Self-test. Attempting to recall information from memory is scientifically proven to aid learning better than repeated view

5-Day Study Plan Example

Day	Action	Material	Approximate Time Needed
Tuesday	Prepare	Oldest/hardest chunk of material	2 hours
Wednesday	Prepare Review	2nd oldest chunk of material 1st chunk of material	2 hours 30 minutes
Thursday	Prepare Review Review	3rd chunk of material 2nd chunk of material 1st chunk of material	1.5 hours 30 minutes 20 minutes
Friday	Prepare Review Review Review	4th chunk of material 3rd chunk of material 2nd chunk of material 1st chunk of material	1 hour 30 minutes 20 minutes 10 minutes
Saturday	None - Relax!		
Sunday	Review Review Review Review Self-test	4th chunk of material 3rd chunk of material 2nd chunk of material 1st chunk of material All material	30 minutes 20 minutes 10 minutes 10 minutes 1 hour
		Total time	11 hours
Monday	TEST!		

Courtesy of Texas A&M's Academic Success Center

5-Day Study Plan Chart

Day	Action	Material	Approximate Time Needed
		<i>Total time</i>	<i>hours</i>

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Need more help? Get a Peer Academic Coach in the Academic Skills Center (ASC) to help you improve your study strategies! Stop by the ASC in 2104 Centennial Hall, call 715.836.2200, or email asc01@uwec.edu.