

## The 5-Day Study Plan

Creating a 5-day study plan is a five-step process. It involves breaking your course material into smaller pieces, planning your strategies, and scheduling your study sessions over 5 days.

### Step 1: Write down the dates of your exams and plan backwards 5 days for each.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3	4	5 POLI 1F90 Study	6 POLI 1F90 Study	7 POLI 1F90 Study	8 POLI 1F90 Study	9 POLI 1F90 Study BIOL 1F90 Study
10 POLI 1F90 Exam @ 9-12 BIOL 1F90 Study	11 BIOL 1F90 Study CLAS 1P92 Study	12 BIOL 1F90 Study CLAS 1P92 Study	13 BIOL 1F90 Study CLAS 1P92 Study	14 BIOL 1F90 Exam @ 9-11 CLAS 1P92 Study	15 CLAS 1P92 Study	16 CLAS 1P92 Exam @ 9-11

### Step 2: Divide each course into four (4) even sections.

<ul style="list-style-type: none"> <li>You can divide your course by chapter, theme, week, or whatever works best for you</li> <li>Begin with the most difficult piece and finish with the easiest</li> <li>Consider how the pieces of the course build on each other</li> </ul>	<p><b>ANTH 102 – Introduction to Archaeology</b></p> <p><b>Section 1</b> – Lectures 1-7 (Research methods and chemical dating techniques)</p> <p><b>Section 2</b> – Lectures 22-30 (data analysis and in-situ interpretation)</p> <p><b>Section 3</b> – Lectures 8-15 (Hominid evolution and classification techniques)</p> <p><b>Section 4</b> - 16-22 (Material culture, projectile points, typologies)</p>
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This is how you will structure each of the four sections over the 5-day period.

Day	What to do	Content	Timing
1	Active Studying	Section 1	2 hours
2	Review day 1 Active Studying	Section 1 Section 2	20 minutes 2 hours
3	Review day 1 Review day 2 Active Studying	Section 1 Section 2 Section 3	10 minutes 20 minutes 2 hours
4	Review day 1 Review day 2 Review day 3 Active Studying	Section 1 Section 2 Section 3 Section 4	10 minutes 10 minutes 20 minutes 2 hours
5	Review Self-test	All 4 sections Practice/mock exam	40 minutes 2-3 hours

**Step 3:** Pick a study strategy you want to use during each session.

**Passive studying** involves activities where you're exposed to information, but not actively engaged with it deeply.

**Active studying** involves engaging with the information, usually requiring some recall, application, or synthesis of knowledge.

**Active studying** is much more effective than passive studying. By engaging with your learning – doing, creating, and applying rather than simply listening or reading - you engage a variety of different cognitive processes and your memory.

Preparation Strategies		Review Strategies	
<ul style="list-style-type: none"><li>• Develop study sheets</li><li>• Develop concept maps</li><li>• Make word cards</li><li>• Make question cards</li><li>• Make formula cards</li><li>• Make problem cards</li><li>• Design study guides</li><li>• Re-mark test material</li></ul>	<ul style="list-style-type: none"><li>• Do sample problems</li><li>• Outline material</li><li>• Summarize material</li><li>• Chart related material</li><li>• List steps in processes</li><li>• Predict essay questions</li><li>• Plan essay answers</li><li>• Create self-tests</li></ul>	<ul style="list-style-type: none"><li>• Re-create study sheets</li><li>• Replicate concept maps</li><li>• Recite word cards</li><li>• Recite question cards</li><li>• Practice writing formulas</li><li>• Work problems</li><li>• Take self-tests</li><li>• Recite study guide material</li></ul>	<ul style="list-style-type: none"><li>• Rewrite outline</li><li>• Recall cues</li><li>• Re-create charts</li><li>• Recite steps from memory</li><li>• Draft essay questions</li><li>• Draft answers</li><li>• Write essay answers from memory</li></ul>

It's good to have a mix of both preparation and review study strategies.

**Step 4:** Plan Your Study Hours (When and Where)

- Plan your day, hour-by-hour
- Choose a quiet, comfortable environment for your study session (the Library, your room, a café, etc...). Ideally, not your bed!
- Include any work, scheduled appointments, and other responsibilities
- Pick times when you work best and have the most energy

## Example:

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8-9	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9-10	BIOL 1F90 Exam @9-12 WCIBS	Study CLAS 1P92	CLAS 1P92 Exam @ 9-11 WCIBS	Study SOCI 2P11	Study SOCI 2P11	Study SOCI 2P11	Study SOCI 2P11
10-11		Break		Break	Break	Break	Break
11-12		Study CLAS 1P92		Study SOCI 2P11	Study SOCI 2P11	Study SOCI 2P11	Study SOCI 2P11
12-1	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1-2	Study CLAS 1P92	Free Time	Study WGST 2P91	Study WGST 2P91	Study WGST 2P91	Study WGST 2P91	Study WGST 2P91
2-3	Break		Break	Break	Break	Break	Break
3-4	Study CLAS 1P92		Study WGST 2P91	Study WGST 2P91	Study WGST 2P91	Study WGST 2P91	Study WGST 2P91
4-5	Free Time				Free Time	Free Time	Free Time
5-6	Dinner		Work		Work		
6-7	Gym	Gym	Work	Gym	Work		
7-8	Free Time	Free Time	Work	Free Time	Work		
8-9			Work		Work		
10-11			Work		Work		
11-12	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep

### Step 5: Follow through with your plan!

Now you have it all figured out!

You know...

- What you will study
- When you will study
- Where you will study
- How long you will study
- What strategies you will use to study

There's nothing left to do but follow the plan! It may be difficult at first, but once you get started, you will hopefully find having the 5-day Study Plan in place will relieve a lot of unnecessary stress from studying!

## Build Your Own 5-Day Study Plan

**Step 1:** Write down the dates of your exams and plan backwards 5 days for each.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

**Step 2:** Divide each course into four (4) even sections.

Course	Pieces	Notes
	1.	
	2.	
	3.	
	4.	

**Step 3:** Pick a study strategy you want to use during each session. Remember, active studying is much more effective (doing, creating, and applying rather than simply listening or reading).

My study strategies will be:

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