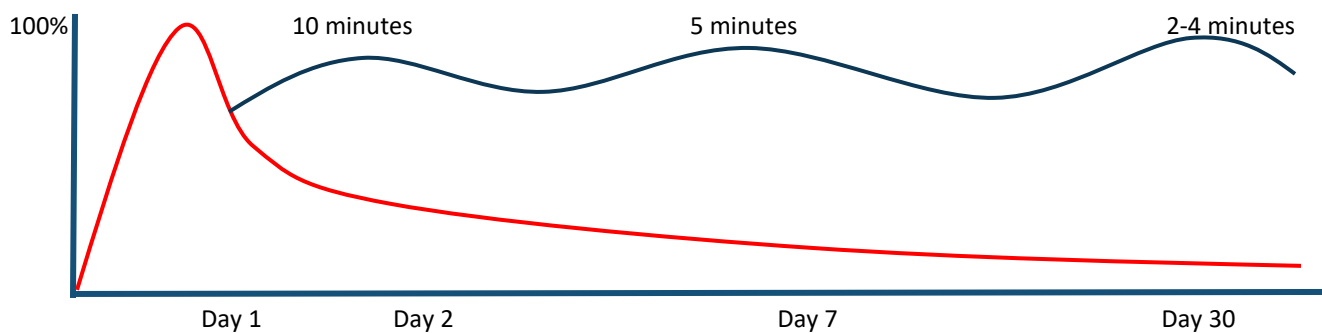


5-Day Study Plan: Quick Guide

The Curve of Forgetting uwaterloo.ca/campus-wellness

Regularly reviewing your course material is key to effective studying. Breaking your study time in to smaller (1-3 hour) blocks of the course of 5 days is much more effective than cramming all those hours into one session.



Study Strategies

Active learning is more effective than passive learning. By engaging with your learning – by **doing, creating, and applying** rather than simply **listening or reading** - you engage a variety of different cognitive processes and cause memory/information to be more permanently fixed in your brain.

Preparation Strategies		Review Strategies	
Develop study sheets	Do sample problems	Re-create study sheets	Rewrite outline
Develop concept maps	Outline material	Replicate concept maps	Recall cues
Make word cards	Summarize material	Recite word cards	Re-create charts
Make question cards	Chart related material	Recite question cards	Recite steps from memory
Make formula cards	List steps in processes	Practice writing formulas	Draft essay questions
Make problem cards	Predict essay questions	Work problems	Draft answers
Design study guides	Plan essay answers	Take self-tests	Write essay answers from memory
Re-mark test material	Create self-tests	Recite study guide material	

How to Make a 5-Day Study Plan

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



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Supporting Brock students as they identify and work towards their personal and academic goals.

Step 1 – Break your course into 4 pieces

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

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 BIOL 1F90 Study	9 POLI 1F90 Study BIOL 1F90 Study
10 POLI 1F90 Exam @ 9-12 BIOL 1F90 Study	11 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 3 – Plan your study sessions

- For each day, choose 2-3 preparation (active) study strategies and 1-2 review (passive) learning strategies.

Day	Content	What to Do	Timing	Strategies
1	1 st piece	Active review Self-test	2 hours 20 minutes	Review strategies: Preparation strategies:
2	1 st piece 2 nd piece	Review day 1 Active review Self-test	20 minutes 2 hours 20 minutes	Review strategies: Preparation strategies:
3	1 st piece 2 nd piece 3 rd piece	Review day 1 Review day 2 Active review Self-test	10 minutes 20 minutes 2 hours 30 minutes	Review strategies: Preparation strategies:
4	1 st piece 2 nd piece 3 rd piece 4 th piece	Review day 1 Review day 2 Review day 3 Active review Self-test	10 minutes 10 minutes 20 minutes 2 hours 20 minutes	Review strategies: Preparation strategies:
5	All pieces	Review Mock-exam	40 minutes 2-3 hours	Review strategies:

Tips for Successful Study Planning

- Be realistic about your schedule; give yourself time for “brain breaks” between study sessions.
- Make use of campus resources if you are stuck. A-Z Learning Services 5-Day Study Plan workshop can get you back on track.



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