

# 5 - Day Test Prep Plan

Follow these instructions to create a 5 - day test preparation plan for upcoming exams or essays. Have more than 5 days to study? (Good for you planning ahead!) Adjust this plan to fit your time frame, but don't spread out too much!

✦ Did you know you can use this to plan for essays and papers as well?

## **5 Days Before the Test: Organize Your Approach & Begin Studying**

- Look over all the materials for the class and gather all the things you will need to prepare for the test including the textbook, lecture notes, handouts, returned homework and quizzes, etc.
- Find the material you have the most difficulty with and section that off to study first.
- Section the remaining material into three organized, easy-to-handle amounts, based on level of difficulty or the order in which subjects were covered in class.
  - You will have four sections total. Your first section is the most difficult and the remaining three sections are organized as you see fit.
- Today, review all of the materials for the most difficult information. Study intensively: re-read a section, combine the information with lecture notes, explain concepts aloud, define terms, ask and answer questions. If you can't say it, you don't know it! Go back and study it again.
- For the remaining three sections, decide which study tools you can create to organize and improve your review.
  - Examples include formal outlines, flash cards, concept maps, mnemonic devices
- Choose which study strategies to use for improved concentration, comprehension and recall.
  - Examples include self-test on all lecture notes, answer chapter or study guide questions, and/or memorize in short, intense daily reviews.

## **4 Days Before the Test:**

- Briefly review the first section, which you studied thoroughly yesterday.
- Then study the second and third sections, following the same intensive procedure to unite reading with notes/handouts/homework/quizzes. Again, if you can't say it, you don't know it. Work more on that topic or concept.
- It's not enough to recognize material; you need to be able to produce it. Test yourself by reciting information aloud in your own words. Explain concepts, define terms, ask and answer questions.
- If you still have areas of difficulty after this study session, you'll still have time to get help from your professor, tutor, or classmate before the test. (Do this as soon as possible!)

### **3 Days Before the Test:**

- Quickly review the first, second, and third sections of your material.
- Then study the fourth section intensively
- Use recitation for thorough understanding and retention.

### **2 Days Before the Test:**

Study all the material thoroughly from beginning to end, as if the test were the next day. Put the most time and effort into studying on this day. Review parts you know well and pug in those problem parts where they belong. Simulate the test to get into the habit of test-taking.

### **1 Day Before the Test:**

Reassemble all four sections and review all the material briefly. Get a good night's sleep! Sleep will help you recall and use all that you have learned.

#### *Example: Simulate the Test*

- For a problem solving exam, work tough problems that were not assigned; work against a timer to increase your speed.
- For an objective test, try to predict and answer multiple choice, true/false, or identification questions; answer any sample questions in the text or study guide.
- For an essay exam, come up with possible questions, outline a brief answer to each, and reduce the outlined answers to key words that will trigger your memory, using mnemonic devices such as acronyms, peg words, loci or memorize key words.

# 5 DAY TEST PREP

Semester Fall  
Year 2022

Goal GPA: 3.61

## Exam Details & Goal Grade

5 Days Before

4 Days Before

3 Days Before

2 Days Before

1 Day Before

Day of Test

Exam Details & Goal Grade	5 Days Before	4 Days Before	3 Days Before	2 Days Before	1 Day Before	Day of Test
Philosophy Exam	<u>Saturday</u>	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
Thursday	Organize all materials	Review most difficult, read aloud, notecards, define terms	Review sections 1,2,3	Review all 4 sections	Review all 4 sections briefly	Eat a good breakfast
25 Multiple Choice ?s	Determine & study most difficult material (section 1)	TUTORING Study sections 2&3	Study section 4	Ask & answer all remaining ?s	Reorganize all notes & materials	Anxiety-reducing techniques (muscle relaxation; self script)
Details are important!	Re-write section 1 notes into Cornell notes and create a speed-study diagram	Create speed-study diagrams for sections 2,3	Create speed-study diagram and concept map for section 4	Simulate the test	Confirm final ?s	(muscle relaxation; self script)
Use prior quizzes as examples	Review past quizzes	Review past quizzes	Recite all sections aloud	Go to bed early!	Arrive early to test	
Goal: B	Plan strategies for sections 2,3,4	Office hours to ask questions!	Review past quizzes			

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Semester \_\_\_\_\_

Year \_\_\_\_\_

Goal GPA:

**Exam Details &  
Goal Grade**

**5 Days Before**

**4 Days Before**

**3 Days Before**

**2 Days Before**

**1 Day Before**

**Day of Test**