

# 5 Day Test Prep

Preparing for a test doesn't have to mean cramming the night before. In fact, the most successful students space out their review over several days to better understand and retain the material. This 5-day test prep strategy breaks your study time into manageable chunks and helps you focus on reviewing, practicing, and reinforcing what you've learned without the stress of last-minute studying.

Use this worksheet to plan, track, and reflect on your study habits as you get ready for your next exam.

## Getting Started

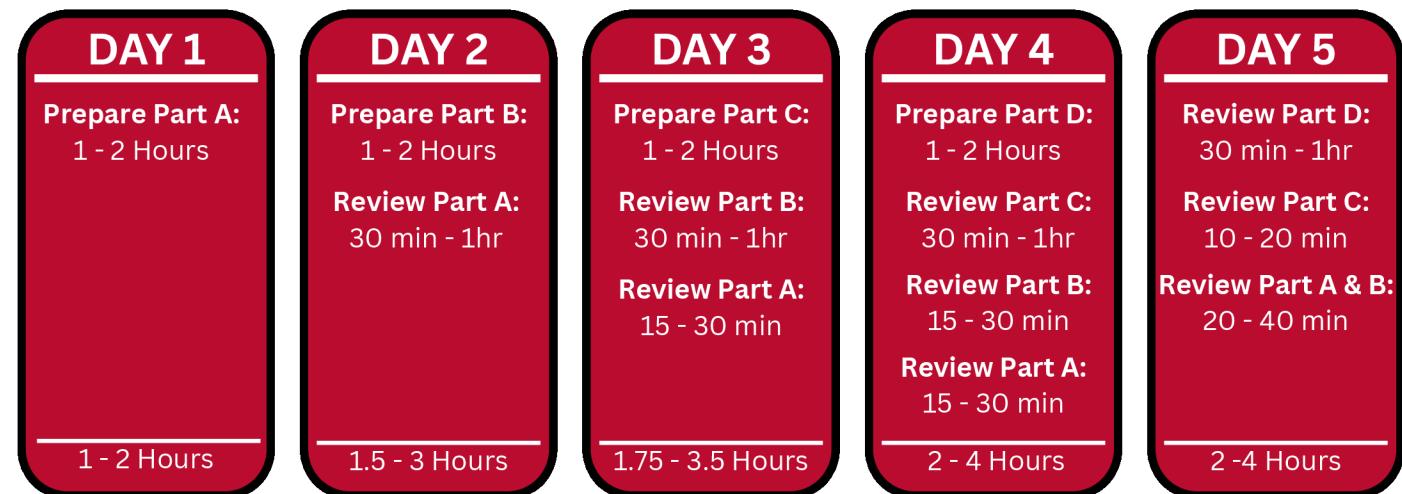
- 1. Start early** - Starting early gives you time to break studying into smaller, manageable parts so you can reduce stress and improve long-term understanding.
- 2. Use shorter and more frequent study sessions** - Using shorter, more frequent study sessions helps keep your focus sharp and improves retention by giving your brain time to process and absorb information.
- 3. Structure your study time over 5 Days** - Instead of cramming a day or two before the test, structure your study time over 5 days to space out learning and build a deeper understanding of the material each day.
- 4. Commit to your plan** - Commit to your plan by sticking to your study schedule each day, even when it's challenging, to stay on track and build confidence for test day. Practice makes better!

## Implementing the 5 Day Test Prep

Divide the material you need to study into **4 chronological and equal parts**:

- A. Oldest Material
- B. Second Oldest Material
- C. Third Oldest Material
- D. Newest Material and Information

For each day of the study plan, it helps to select 2-3 preparation and review strategies to help you prepare. The only day there will be no review is the first day.



## Planning Your 5 Day Test Prep

Label your A, B, C, & D study topics for each day of the review....

A. \_\_\_\_\_

C. \_\_\_\_\_

B. \_\_\_\_\_

D. \_\_\_\_\_

Fill in the content and 2-3 strategies you will use in each block using the examples on the previous page

<b>DAY 1</b>  Date:	<b>PREPARE A:</b> (1 - 2 hours)  • • •	
<b>DAY 2</b>  Date:	<b>PREPARE B:</b> (1 - 2 hours)  • • •	<b>REVIEW A:</b> (30 min - 1 hour)  • • •
<b>DAY 3</b>  Date:	<b>PREPARE C:</b> (1 - 2 hours)  • • •  <b>REVIEW B:</b> (30 min - 1 hour)  • • •	<b>REVIEW A:</b> (15 - 30 min)  • • •
<b>DAY 4</b>  Date:	<b>PREPARE D:</b> (1 - 2 hours)  • • •  <b>REVIEW C:</b> (30 min - 1 hour)  • • •	<b>REVIEW B:</b> (15 - 30 min)  • • •  <b>REVIEW A:</b> (15 - 30 min)  • • •
<b>DAY 5</b>  Date:	<b>REVIEW D:</b> (30 min - 1 hour)  • • •  <b>REVIEW C:</b> (10 - 20 min)  • • •	<b>REVIEW A &amp; B:</b> (20 - 40 min)  • • •  <b>RELAX AND REWARD</b>  • • •