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.

PREP

- Make flash cards
- Create study guide
- Create concept maps
- Organize/summarize notes
- Predict test questions
- List formulas
- Complete online reviews

REVIEW

- Practice with flash cards
- Recite main ideas from notes without looking
- Recreate mind maps from memory
- Rewrite your notes from memory
- Quiz yourself on predicted test questions
- Recite/rewrite formulas
- Complete practice problems

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Prepare Part A: 1 - 2 Hours	**Prepare Part B:** 1 - 2 Hours **Review Part A:** 30 min - 1hr	**Prepare Part C:** 1 - 2 Hours **Review Part B:** 30 min - 1hr **Review Part A:** 15 - 30 min	**Prepare Part D:** 1 - 2 Hours **Review Part C:** 30 min - 1hr **Review Part B:** 15 - 30 min **Review Part A:** 15 - 30 min	**Review Part D:** 30 min - 1hr **Review Part C:** 10 - 20 min **Review Part A & B:** 20 - 40 min
1 - 2 Hours	1.5 - 3 Hours	1.75 - 3.5 Hours	2 - 4 Hours	2 -4 Hours

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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

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