

5-DAY STUDY PLAN

PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY / SUNDAY

TO PERFORM WELL ON TESTS: REMEMBER SPACED RETREIVAL & STUDY THE FORGETTING CURVE. REMEMBER: THE HUMAN BRAIN DOES BETTER IF YOU SPACE OUT BRIEF BLOCKS OVER LONGER PERIODS OF TIME. ACCORDING TO STUDIES, THIS IS MORE EFFICENT THAN CRAMMING.

Day 1:

Prepare	1st Chunk	2 Hours
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Day 2:

Prepare	2nd Chunk	2 Hours
Review	1st Chunk	30 Min.

Day 3:

Prepare	3rd Chunk	1-1.5 Hours
Review	2nd Chunk	30 Min.
Review	1st Chunk	15 Min.

Day 4:

Prepare	4th Chunk	1 Hours
Review	3rd Chunk	30 Min.
Review	2nd Chunk	15 Min.
Review	1st Chunk	10 Min.

Day 5:

Review	4th Chunk	30 Min.
Review	3rd Chunk	20 Min.
Review	2nd Chunk	10 Min.
Review	1st Chunk	10 Min.
Self Test		1 Hour

