

THE EIGHT DAY STUDY PLAN

The Eight Day Study Plan is a great way to divide your study material into more manageable parts. It also allows you to practice repetition and rehearsal - two key strategies to help move information into long term memory. Check out this study strategy and be sure to keep in mind your available resources – professor office hours, study groups, and support at THINK TANK!

DAY 1: Find any study guides or old tests available; divide the material you are responsible for into 4 equal sections. Allow time to plan this to the best of your ability. How will you break up the material?

A:

B:

C:

D:

DAY 2: Actively study all material in Part A (write study sheets, identify main points, draw visual aids, and quiz yourself). What will you study? How will you study it? Why this method?

DAY 3: Actively study all material in Part B (write study sheets, identify main points, draw visual aids, and quiz yourself). What will you study? How will you study it? Why this method?

DAY 4: Actively study all material in Part C (write study sheets, identify main points, draw visual aids, and quiz yourself). What will you study? How will you study it? Why this method?

DAY 5: Actively study all material in Part D (write study sheets, identify main points, draw visual aids, and quiz yourself). What will you study? How will you study it? Why this method?

DAY 6: Review Parts A and B fully. What questions do you have? Where can you go for support?

DAY 7: Review Parts C and D fully. What questions do you have? Where can you go for support?

DAY EIGHT: Review Parts A, B, C, D fully.

TEST DAY: Use your very best test-taking strategies during the exam. What test taking strategies will you use?

Source: Adapted from Keys to Success: Building analytical, creative, and practical skills. Carter, Bishop, Kravits, & Maurin. (2013)

Want to learn more about learning or test-taking strategies? Visit thinktank.arizona.edu/academic-skills