

# THE 8-DAY STUDY PLAN

The 8-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 improve 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!

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**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:**

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**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?

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**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?

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**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?

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**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?

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

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

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**DAY 8:** Review Parts A, B, C, D fully.

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**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)