



Five Day Test Prep Plan¹

Rather than cramming for a test, study for your tests following a plan like the one outlined below. The benefit of the five day plan is that it'll remove most of the stress on your brain, unlike cramming, which generally causes a massive headache.

Five days before the test: Organize all your course related material. Develop a plan of attack for the test.

Organize and review your class notes and text notes carefully. Prepare a list of all topics that will be on the exam. List them in order of importance so you can focus your attention accordingly.

Four days before: Review and Recall

Review your notes thoroughly. That is, until you can recall all of the important information. Concentrate on the topics that are more difficult for you to remember. Use mnemonic devices or visualization to help you recall more effectively.

Three days before: Rewrite

Briefly rewrite all important information. Review these notes repeatedly. Trying to recall your own explanations will be more effective than trying to recall what the text and your professors have said.

Two days before: Formulate possible test questions and answer them.

Make a list of questions that might be on the exam and answer them in as much detail as possible.

One day before: Prepare

Review your notes and rewritten notes a few hours before the exam. Take time to relax before the exam. If you are afraid you will forget information or "blank out" when you receive the exam, write reminders on the back of the test as soon as you receive it. That way, you can find the information you need during the exam.

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