

SPACED PRACTICE

Study Plan for Exam [number] in [Course Name/Number]

Your name:

Use the table below to describe how you will prepare for the exam. Expand rows as needed.

PLANNING. Describe your plan to study for the exam, e.g., what information and resources will you need from the instructor; how will you decide when to study, what course materials will you use, etc.	
STUDY SCHEDULE. Describe each study session and the specific activities you will engage in. The row number corresponds to the number of days before the exam. Leave blank any days in which you will not study for the exam.	Estimated time
14.	
13.	
12.	
11.	
10.	
9.	
8.	
7.	
6.	
5.	
4.	
3.	
2.	
1.	
TEST DAY	

Evaluation of SPACED PRACTICE Study Plan for Exam [number] in [Course Name/Number]

Your name:

Use the table below to evaluate how you prepared for the exam. Expand rows as needed.

<p>PLANNING. Copy and paste your initial study plan in this box. Indicate which planning activities you did and didn't engage in. Add any new planning activities to the list.</p>	
<p>STUDY SCHEDULE. Identify and describe all your study sessions. Describe the activities you engaged in each session.</p>	Time
14.	
13.	
12.	
11.	
10.	
9.	
8.	
7.	
6.	
5.	
4.	
3.	
2.	
1.	
<p>TEST DAY</p>	
<p>PLAN VS. REALITY In this box identify the similarities and differences between your study plan and your actual study activity. To what extent did you adhere to your plan? What changes did you make and why? Identify strengths and weaknesses of your exam preparation? What things will you do the same, add, modify or delete when you prepare for the next exam? What, if anything, is challenging about using a spaced practice study schedule.</p>	

SPACED PRACTICE
Sample Study Plan for Course Exam

<p>PLANNING. Describe your plan to study for the exam, e.g., what information and resources you need from the instructor; how you decide when to study, what course materials you will use, etc.</p> <ul style="list-style-type: none"> ▪ Use 3R method (Read-Recite-Review) to read and study each chapter before the assigned class period. I will read the chapter one time but I will reread any material I don't understand. Will ask classmate, tutor, or instructor for help if needed. ▪ Combine material from each text chapter with corresponding class material, notes, handouts, etc. for study. Identify high priority concepts, ideas, material based on instructor's guidelines, the class material, and what is emphasized in the text, especially overlap between the two sources (text and class). ▪ Use text-based practice quizzes, instructor's practice questions, and create my own questions over the material for self-testing as needed. Align practice questions with course goals and priority content. ▪ My studying will involve: 1) initial 3R reading of each chapter as assigned and accompanying class material and 2) Self-testing Review Sessions. ▪ Self-testing Review Sessions involve answering practice questions and reviewing mistakes or gaps in my understanding. I will minimize distractions by turning off my phone and studying in a quiet place. ▪ Time allotted: Initial reading of chapter ~ 60 minutes; Self-testing Review Sessions ~ 45-60 minutes; need additional time for creating practice test questions and answers. 	
<p>STUDY SCHEDULE. Describe each study session and what activities you will engage in.</p>	<p>Estimated time</p>
14. Use 3R to Read CH1	60 minutes ± 15 minutes
13.	
12. Self-test 1 over CH 1 and class material	45 minutes ± 15 minutes
11. Use 3R to Read CH2	60 minutes ± 15 minutes
10.	
9. Self-test 2 over CH 1 & 2 and class material	45 minutes ± 15 minutes
8. Use 3R to Read CH3	60 minutes ± 15 minutes
7.	
6. Self-test 3 over CH 1, 2, 3 and class material	45 minutes ± 15 minutes
5. Use 3R to Read CH4	60 minutes ± 15 minutes
4.	
3. Self-test 4 over CH 1, 2, 3, 4 and class material	45 minutes ± 15 minutes
2.	
1. Self-test 5 over CH 1, 2, 3, 4 and class material	60 minutes ± 15 minutes
TEST DAY	