

Studying for Assessments - Spaced Practice

My Suggested Study Plan

This plan is good for tests and quizzes you know of ahead of time. If you have learning objectives, a study guide or a list of what will be on the test, then this is easy. If not, make your own list and begin after that.

Let's say it is Wednesday and today a teacher announces a test for next Wednesday. Overall, this would give you 7 nights to study if you could study every night.

1. Take your study guide or topic list and rank them from hardest to easiest (no idea to total confidence).
2. Rearrange your study guide according to your ranking. You will study hard stuff first and then progress to easiest with this system. This gives you more time to get help from your teacher early on the hard stuff.
3. Next, take a look at the week ahead and honestly determine how many nights you can study.

W TH F SA SU M TU W

4. In the example above, the student is going out of town for the weekend to visit their grandmother so that is two nights they will not be able to study. This leaves 5 nights to study before the test.
5. The teacher's study guide shows 10 objectives that you will be tested on. Since you have 5 nights to study, plan on doing 2 objectives per night. In other words, divide the number of objectives by the number of days. Round (if the number is a decimal) so that the fewest number of objectives are covered later in the week.
6. Next, use a chart, calendar or agenda to make your plan. You always start out with objectives to study on the first day. In days after, you are reviewing the days before and studying new material.

W	TH	F	SA	SU	M	TU	W
Study 1+2	Review 1+2	Review 1-4	No Studying	No Studying	Review 1-6	Review 1-8	Test Day
	Study 3+4	Study 5+6			Study 7+8	Study 9+10	

7. Notice that you are reviewing each day before you study new material. As the week progresses you are reviewing more and more and studying the same amount. However, the studying each day gets easier because you ranked them from hardest to easiest.
8. The night before the test is mostly review and you are studying only 2 objectives. Plus, the items you are studying on the last day are things you know the best. This is the anti-cram.
9. Also, now you have 4 days in which to ask the teacher questions as you study each day.

You can always use this system for general every week studying. Just get rid of the test day and make it a self-quiz day instead.