

Study schedule

A spaced plan, not a cram plan

Write your exam date in the box, list your subjects, then fill the grid. The pattern to follow is one first pass through each subject and then several returns at widening gaps, rather than one long block per subject. Spreading the same total hours across separated sessions retains measurably more than massing them, and the gaps should get wider as the exam approaches.

Exam date

Days available

Hours per week

The pattern this grid is built around

Over a 42-day run-up, the planner puts the first pass on day 0 and the returns on days 6, 15, 25, 36 - that is 14%, 36%, 60%, 86% of the way to the exam. Scale those percentages to whatever time you actually have.

Distributed practice beats massed practice at equal total time: Cepeda et al. 2006, a synthesis of 254 studies. The optimal gap grows with how long you need to remember the material, which is why the returns below widen rather than repeat at a fixed interval.

Subject	Mon	Tue	Wed	Thu	Fri	Sat	Sun

How to use it

- Put every subject in the left column, one per row.
- Mark your first pass through each subject early, in the first fifth of the time.
- Mark the returns at the day offsets printed above, counted from today.
- A return is a test of yourself, not a reread. Close the book first.
- When a session slips, move it rather than deleting it. A late return still counts.

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