

30-Day Root Mastery Study Schedule

Signal Bridge Method Implementation Guide

How to use this schedule: Check the box when you complete the day. Keep flashcards simple: root meaning + 5-7 derivatives + a short definition. Aim for accuracy first, then speed.

WEEK 1 (Days 1-7): Critical Roots 1-10

Daily routine: Learn 1-2 roots • identify bridge words • create derivative flashcards • review yesterday's roots (5 min).

	Day	Focus	Checklist / Notes
<input type="checkbox"/>	1	Roots 1-2	Learn 2 roots • Identify 2-3 familiar bridge words • Create 5-7 derivative flashcards • Review yesterday's roots (5 min)
<input type="checkbox"/>	2	Roots 3-4	Learn 2 roots • Bridge words • 5-7 derivatives • Review Day 1 (5 min)
<input type="checkbox"/>	3	Roots 5-6	Learn 2 roots • Bridge words • 5-7 derivatives • Review Days 1-2 (5 min)
<input type="checkbox"/>	4	Roots 7-8	Learn 2 roots • Bridge words • 5-7 derivatives • Review Days 1-3 (5 min)
<input type="checkbox"/>	5	Roots 9-10	Learn 2 roots • Bridge words • 5-7 derivatives • Review Days 1-4 (5 min)
<input type="checkbox"/>	6	Consolidation	Quick review Roots 1-10 • Fix weak roots • Add 1-2 extra derivatives for hardest roots
<input type="checkbox"/>	7	Checkpoint	Root Recognition Speed Drill (10 roots) • Mark weak roots for extra review

WEEK 2 (Days 8-14): High Priority Roots 11-20

Daily routine: Learn 1-2 new roots + review Week 1 roots (10 min).

	Day	Focus	Checklist / Notes
<input type="checkbox"/>	8	Roots 11-12	Learn 2 roots • Bridge words • 5-7 derivatives • Review Week 1 roots (10 min)
<input type="checkbox"/>	9	Roots 13-14	Learn 2 roots • Bridge words • 5-7 derivatives • Review spaced set (10 min)
<input type="checkbox"/>	10	Roots 15-16	Learn 2 roots • Bridge words • 5-7 derivatives • Review Week 1 + new roots (10 min)
<input type="checkbox"/>	11	Roots 17-18	Learn 2 roots • Bridge words • 5-7 derivatives • Review spaced set (10 min)
<input type="checkbox"/>	12	Roots 19-20	Learn 2 roots • Bridge words • 5-7 derivatives • Review spaced set (10 min)
<input type="checkbox"/>	13	Consolidation	Cumulative review Roots 1-20 • Rewrite weak flashcards • Do 10 quick decode drills
<input type="checkbox"/>	14	Checkpoint	Cumulative Assessment (20 roots) • Note accuracy + speed

WEEK 3 (Days 15-21): Expansion Roots 21-30

Daily routine: Learn 1-2 roots + cumulative review on spaced intervals (10-15 min).

	Day	Focus	Checklist / Notes
	15	Roots 21-22	Learn 2 roots • Bridge words • 5-7 derivatives • Cumulative review (10-15 min)
	16	Roots 23-24	Learn 2 roots • Bridge words • 5-7 derivatives • Review spaced set (10-15 min)
	17	Roots 25-26	Learn 2 roots • Bridge words • 5-7 derivatives • Review spaced set (10-15 min)
	18	Roots 27-28	Learn 2 roots • Bridge words • 5-7 derivatives • Review spaced set (10-15 min)
	19	Roots 29-30	Learn 2 roots • Bridge words • 5-7 derivatives • Review spaced set (10-15 min)
	20	Spaced Review	Review Roots 1-30 on spaced intervals • Focus on the weakest 20%
	21	Checkpoint	Pattern Recognition Test • Decode 15 unfamiliar words using roots

WEEK 4 (Days 22-30): Integration & Application

No new roots. Focus on GRE passage application and decoding unfamiliar words using root analysis.

	Day	Focus	Checklist / Notes
	22	Application	No new roots • Do 10 TC/SE questions and underline root clues
	23	Application	Read a short passage • Highlight root-based words • Create 5 context flashcards
	24	Application	Mixed practice set (15 questions) • Log misses + root misunderstandings
	25	Application	Spaced review Roots 1-30 • Add 1 example sentence for weak roots
	26	Application	Decode drill: 20 unfamiliar words • Explain meaning using root logic
	27	Application	Timed practice (20 minutes) • Focus on speed + accuracy
	28	Application	Spaced review • Fix last weak roots • Refresh bridge words
	29	Light Review	Short review only • Sleep + confidence routine • Prep for final test
	30	Final Assessment	30-Root Comprehensive Test • Record score + next steps

Troubleshooting Tips

- If retention falls below 70%: reduce new roots to 1 per day and add one extra review block.
- If retention stays above 85%: add 1-2 additional derivatives per root and write one example sentence.
- Review frequency: daily for Week 1 roots, then transition to spaced intervals (Day 1, 3, 7, 14, 30).