The Study Cycle

Preview

<u>Preview before class</u> – Skim the chapter, note headings and boldface words, review summaries and chapter objectives, and come up with questions you'd like the lecture to answer for you.

Attend

<u>Attend class</u> – **GO TO CLASS!** Answer and ask questions and take meaningful notes.

Review

<u>Review after class</u> – As soon after class as possible, read notes, fill in gaps and note any questions.

Study

<u>Study</u> – Repetition is the key. Ask questions such as 'why', 'how', and 'what if'.

- Intense Study Sessions* 3-5 short study sessions per day
- Weekend Review Read notes and material from the week to make connections

Assess

Assess your Learning – Periodically perform reality checks

- Am I using study methods that are effective?
- Do I understand the material enough to teach it to others?

Intense Study Sessions

1	Set a Goal	1-2 min	Decide what you want to accomplish in your study session
2	Study with Focus	30-50 min	Interact with material- organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc.
3	Reward Yourself	10-15 min	Take a break—call a friend, play a short game, get a snack
4	Review	5 min	Go over what you just studied

