The Study Cycle

Preview

Attend

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

Review

notes.

Attend class - GO TO CLASS! Answer and ask questions and take meaningful

and note any questions. Review after class — As soon after class as possible, read notes, fill in gaps

Study - 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

Study

Assess your Learning - Periodically perform reality checks

Am I using study methods that are effective?

Assess

Do I understand the material enough to teach it to others?

*Intense Study Sessions

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

