

# The Study Cycle

1

## Preview

### Skim the chapter

- Note headings and bold text
- Review summaries and chapter objectives
- Write down questions you want answered in class

2

## Attend

### Go to class!

- Ask questions
- Take meaningful notes
- Participate in discussions

3

## Review

### Within 24 hours

- Re-read your notes
- Identify gaps in comprehension
- Write down any lingering questions

4

## Study

### Repetition is key

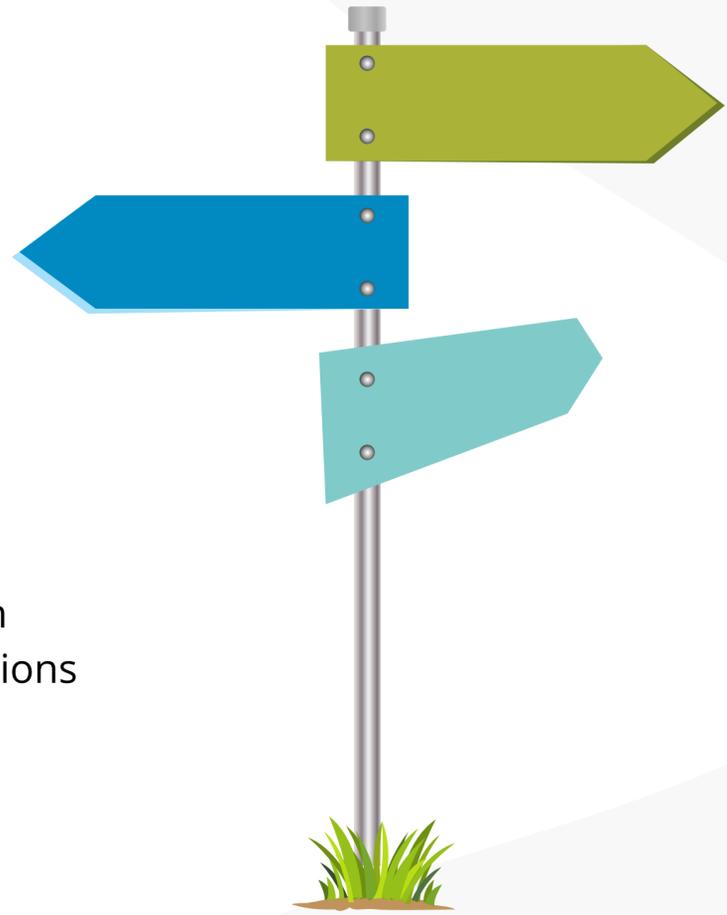
- Ask *why*, *how*, and *what if* questions
- Try for 3-5 intense study sessions each day
- Review materials over the weekend to reinforce connections

5

## Assess

### Periodically perform reality checks

- Are you using study methods that are effective?
- Do you understand the material well enough to teach it to someone else?



### ★ For study sessions:

<b>Set a Goal</b> 1-2 minutes  Decide what you want to accomplish during this study session.	<b>Study with Focus</b> 30-50 minutes  Interact with the material in active ways.	<b>Reward Yourself</b> 10-15 minutes  Give yourself some time to relax after studying with focus.	<b>Review</b> 5 minutes  Move on from what you just studied and return to your original goal.
---	--	--	--

Adapted from Frank Christ's Preview Learn Review Study system, Louisiana State University Center for Academic Success