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:

- Set a Goal:
  1-2 minutes
  Decide what you want to accomplish during this study session.

- Study with Focus:
  30-50 minutes
  Interact with the material in active ways.

- Reward Yourself:
  10-15 minutes
  Give yourself some time to relax after studying with focus.

- Review:
  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.