THE STUDY CYCLE

PREVIEW
Preview before class: Skim the chapter, note headings and bold words, review summaries and chapter objectives, and come up with questions you’d like the lecture to answer for you.

ATTEND
Attend class: Go to class! Answer and ask questions and take meaningful notes.

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

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?

STUDY
Repetition is the key. Ask questions such as “why”, “how”, and “what if”.
- 3 to 5 Intense Study Sessions per day
- Weekend Review: Read notes and material from the week to make connections.

INTENSE STUDY SESSION

1. Set a Goal
1-2 minutes
Decide what you want to accomplish in your study session

2. Study with Focus
30-50 minutes
Interact with material (organize, concept map, summarize, process, reread)

3. Reward Yourself
10-15 minutes
Take a break (call a friend, play a short game, get a snack)

4. Review
5 minutes
Go over what you just studied

From the Center for Academic Success at LSU