THE STUDY CYCLE

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

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
Study: Repetition is the key.
Ask questions (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

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.

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, re-read)

3. REWARD YOURSELF
   10-15 minutes
   Take a break

4. REVIEW
   5 minutes
   Go over what you just studied

From the Center for Academic Success at LSU