

THE STUDY CYCLE

From the Center for Academic Success at LSU

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.

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.

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

ASSESS

- Assess your learning:
- Am I using effective study methods?
 - Do I understand the material enough to teach it to others?

INTENSE STUDY SESSION

SET A GOAL

- 1-2 minutes
- Decide what you want to accomplish in your study session

STUDY WITH FOCUS

- 30-50 minutes
- Interact with material (organize, concept map, summarize, process, re-read)

REWARD YOURSELF

- 1) 10-15 minutes
- 2) Take a break

REVIEW

- 5 minutes
- Go over what you just studied