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:

- Am I using effective study methods? If yes, great! What makes them effective? If no, what can I change?
 - Do I understand the material enough to teach it to others?

ATTEND

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

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

REVIEW

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

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 (Use active study strategies. Create a concept map, summarize, explain to someone else, etc.)

Reward yourself: 10-15 minutes

• Take a break

Review: 5 minutes

• Go over what you just studied

