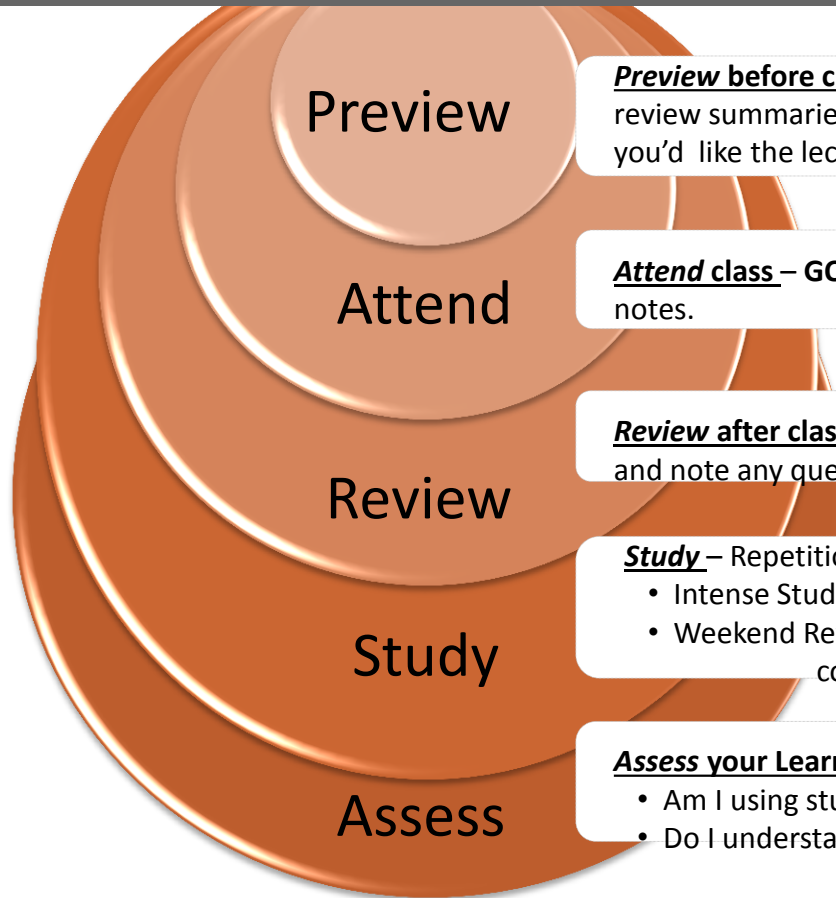


# The Study Cycle



**Preview before class** – Skim the chapter, note headings and boldface words, review summaries and chapter objectives, and come up with questions you'd like the lecture to answer for you.

**Attend class** – **GO TO CLASS!** Answer and ask questions and take meaningful notes.

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

**Study** – Repetition is the key. Ask questions such as 'why', 'how', and 'what if'.  
• Intense Study Sessions\* - 3-5 short study sessions per day  
• Weekend Review – Read notes and material from the week to make connections

**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?

## \*Intense Study Sessions

1	<b>Set a Goal</b>	(1-2 min)	<b>Decide what you want to accomplish in your study session</b>
2	<b>Study with Focus</b>	(30-50 min)	<b>Interact with material</b> - organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc.
3	<b>Reward Yourself</b>	(10-15 min)	<b>Take a break</b> – call a friend, play a short game, get a snack
4	<b>Review</b>	(5 min)	<b>Go over what you just studied</b>