

# ***The Study Cycle***



- **Preview:** before class preview the material to be covered. Skim the chapter—headings, boldface words, diagrams and/or charts. Review summaries and chapter objectives. Note any questions you have.
- **Attend:** attend class—this is the time to ask your questions and take meaningful notes. Listen, take notes, and stay engaged. Instructors present important information that could be on an exam.
- **Review:** review notes after class. Within 24 hours read or rewrite your notes, fill in any gaps, and note any questions for the next class session.
- **Study:** repetition is the key. Ask questions such as “why,” “how,” and “what if.”
  - Intense study sessions: 3 to 5 short study sessions per day
  - Weekend review: read notes and material from the week to make connections
- **Assess:** assess your learning
  - Am I using study methods that are effective?
  - Do I understand the material enough to teach it to others?

## **INTENSE STUDY SESSIONS:**

- 2-5 minutes: set goal. Decide what you want to accomplish within the next 30-50 minutes
- 30-50 minutes: study with focus. Read text more selectively and make notes next to print. Summarize material in your own words, draw pictures/diagrams, highlight and integrate text and notes, create mnemonics, make flash cards, map a difficult concept. Take time to reflect.
- 10 minutes: take a break—walk around, get a snack, stretch, etc.
- 5 minutes: review what you just studied—summarize
- Repeat