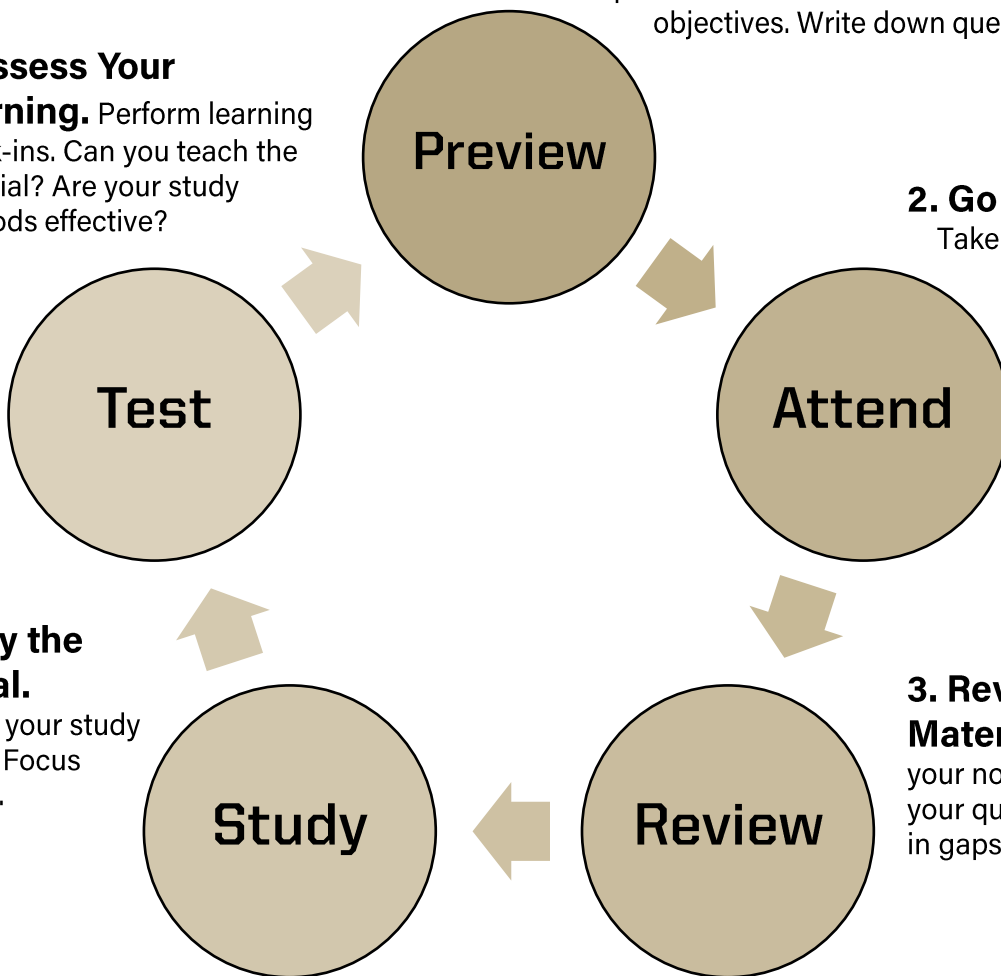


# The Study Cycle

**1. Preview Before Class.** Skim the chapter. Review summaries and chapter objectives. Write down questions.

**5. Assess Your Learning.** Perform learning check-ins. Can you teach the material? Are your study methods effective?

**2. Go to class!**  
Take meaningful notes. Ask questions.



**4. Study the Material.**  
Schedule your study sessions. Focus your time.

**3. Review the Material.** Read your notes. Answer your questions. Fill in gaps.

## INTENSE STUDY SESSIONS

Set a Goal	1-2 minutes
Study with Focus	30-50 minutes
Reward Yourself	10-15 minutes
Review	3-5 minutes

**Decide** what you want to accomplish.

**Interact with the material** – organize, concept map, summarize, re-read, reflect, etc.

**Take a break** – call a friend, go for a walk, make a snack.

**Go over** what you just studied. Reflect on if you should continue studying, take a break or change tasks/subjects.