The Study Cycle

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

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


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

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

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.