

The Study Cycle



A 5-Step Approach

Studying is not just something you do the week or days leading up to an exam. It is a continuous process taking place throughout the semester. Through these 5 steps, students can create a healthy study routine that improves learning!

Plan Your Study Session

Set a Goal (1-2 minutes)

Decide what you want to accomplish.

Study with Focus (30-50 minutes)

Interact with the study material – organize, summarize, re-read, etc.

Reward Yourself (10-15 minutes)

Take a break – call a friend, take a walk, etc.

Review (3-5 minutes)

Go over what you just studied and reflect on if you need to continue studying.