

The Study Cycle

PREVIEW BEFORE CLASS.

Skim the chapter. Note headings and boldface words. Review summaries and chapter objectives. Come up with questions you'd like the lecture to answer for you.



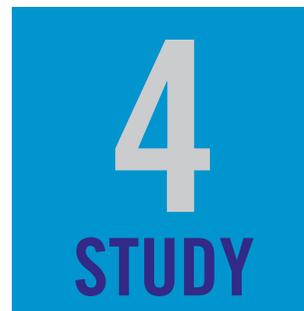
ATTEND CLASS.

Answer and ask questions and take meaningful, thorough notes.



REVIEW AFTER CLASS.

As soon after class as possible, read notes, fill in gaps and note any questions you have.



STUDY THE MATERIAL.

Repetition is key. Ask questions such as "why," "how," and "what if." Use **Intense Study Sessions** (see below). Do 3-5 short study sessions a day. Use weekends to 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. **Set a Goal** (1-2 minutes)

2. **Study with Focus** (30-50 minutes)

3. **Reward Yourself** (10-15 minutes)

4. **Review** (5 minutes)

Decide what you want to accomplish in your study session.

Interact with material – organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc.

Take a break – call a friend, play a short game, get a snack.

Go over what you just studied.