The Study Cycle

Assess:
Periodically perform reality checks, and reflect on exam/quiz performance.

Am I using study methods that are effective?

Do I understand the material enough to teach it to others?

Preview:
Before class, skim the chapter, noting headlines and boldface words, reviewing summaries and chapter objectives, and noting questions you would like answered.

Attend:
Class attendance is KEY. Ask questions and take meaningful notes.

Study:
Repetition and consistency are important. Ask questions such as why, how, and what if.

Consider 3-5 short study sessions per day (see “Intense Study Sessions” below) throughout the week and a weekend review of notes and materials to make connections.

Review:
Within 24 hours of class, review notes, fill in gaps and develop any new or remaining questions that need answering.

INTENSE STUDY SESSIONS

<table>
<thead>
<tr>
<th>Set a goal</th>
<th>1-2 min</th>
<th>Decide what you want to accomplish in your study session</th>
</tr>
</thead>
<tbody>
<tr>
<td>Study with focus</td>
<td>30-50 min</td>
<td>Interact with material: organize, concept map, summarize, process, re-read, fill in notes, reflect, etc.</td>
</tr>
<tr>
<td>Reward yourself</td>
<td>10-15 min</td>
<td>Take a break: walk around, get a snack, relax</td>
</tr>
<tr>
<td>Review</td>
<td>5-10 min</td>
<td>Summarize what you just studied, then determine next steps</td>
</tr>
</tbody>
</table>

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The Study Cycle

Assess:
How will you know if your study methods are working?

Study:
When/where will you study? How many study sessions per day? Per week?

Attend:
Why is going to class important for you? How will you be actively engaged in class?

Preview:
How/when will you review the materials being covered in your course?

Review:
How/when will you review materials that were covered in class? What is your approach to identifying what to study?

INTENSE STUDY SESSIONS

<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
<th>Notes</th>
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Goal:

Study:

Break:

Summarize:

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