

# 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?*

## 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.

## Preview:

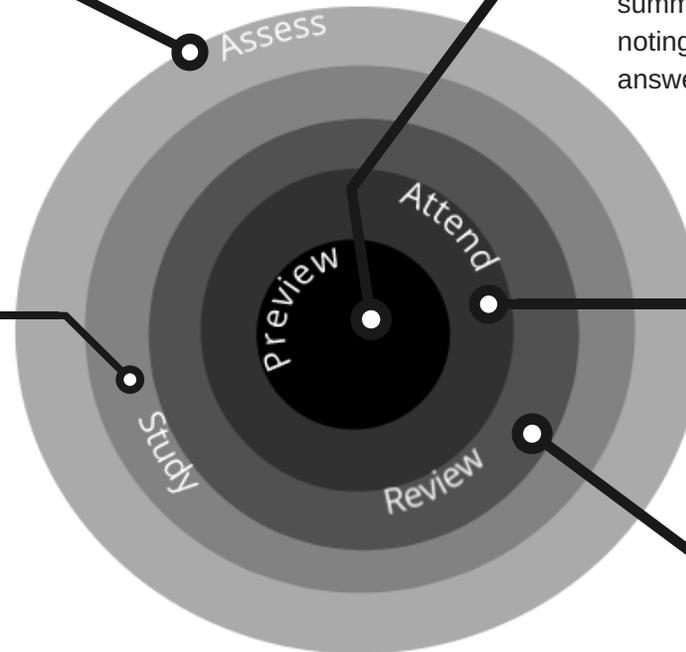
Before class, skim the chapter, noting headlines and boldface words, reviewing summaries and chapter objectives, and noting questions you would like answered.

## Attend:

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

## Review:

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



## INTENSE STUDY SESSIONS

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

# The Study Cycle

## Assess:

How will you know if your study methods are working?

## Preview:

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

## Study:

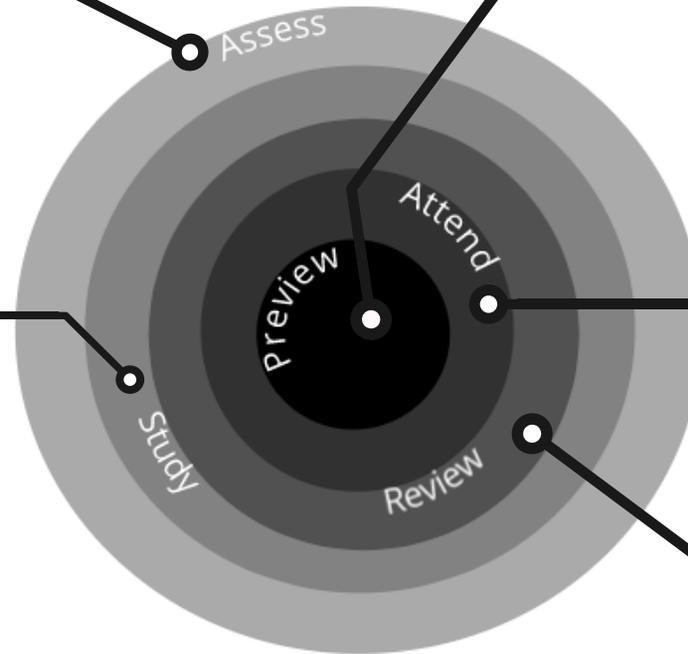
When/where will you study? How many study sessions per day? Per week?

## Attend:

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

## Review:

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



## INTENSE STUDY SESSIONS

Set a goal	1-2 min	Goal:
Study with focus	30-50 min	Study:
Reward yourself	10-15 min	Break:
Review	5-10 min	Summarize: