

The Study Cycle

Preview Preview before class – Skim the chapter, note headings and boldface words, review summaries and chapter objectives, and come up with questions you'd like the lecture to answer for you.

Attend Attend class – **GO TO CLASS!** Answer and ask questions and take meaningful notes.

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

Study Study – Repetition is the key. Ask questions such as 'why', 'how', and 'what if'.

- Intense Study Sessions* - 3-5 short study sessions per day
- Weekend Review – Read material from the week to make connections

Assess 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 min	Decide what you want to accomplish in your study session
2	Study with Focus	30-50 min	Interact with material- organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc.
3	Reward Yourself	10-15 min	Take a break- call a friend, play a short game, get a snack
4	Review	5 min	Go over what you just studied