The Study Cycle

Preview before class – Skim the chapter, note headings and boldface words, review summaries and chapter objectives, and note questions you would like answered in class. Attend class – GO TO CLASS! Ask questions and take meaningful notes. Attend Review after class - Within 24 hours, read notes, fill in gaps and note any questions. Review <u>Study</u> – Repetition is the key. Ask questions such as 'why', 'how', and 'what if'. • Intense Study Sessions* - 3-5 short study sessions per day Study • Weekend Review – Read notes and material from the week to make connections **Assess your Learning** – Periodically perform reality checks Assess • 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– walk around, get a snack, relax
4 Review	(5 min)	Go over, summarize, and wrap-up what you studied

