The Study Cycle

Preview:
Before class:
- Skim new material
- Review boldface words and summaries
  [10-20 minutes]

Attend:
Go to class-
- Be an active listener
- Take notes
- Ask questions

Study:
- Schedule several focused study sessions per class each week
- Repetition is key
- Ask 'what', 'why', 'how'
  [30-50 minutes]

Assess:
Test your learning:
- Do I understand this material enough to teach it to others?
- Am I using effective study methods?

Review:
After class:
- Read your notes
- Develop questions
- Fill in gaps
  [20-30 minutes]

Study with purpose:
- Set a goal of what you want to accomplish
  [1-2 minutes]
- Study with focus
  [20-25 minutes]
- Reward yourself
  [10-15 minutes]
- Review
  [5 minutes]

Start
Repeat

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