



The Study Cycle



START



Preview:

Before class:

- Skim new material
- Review boldface words and summaries

[10-20 minutes]

Repeat



Assess:

Test your learning:

- Do I understand this material enough to teach it to others?
- Am I using effective study methods?

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]

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]

Review:

After class:

- Read your notes
- Develop questions
- Fill in gaps

[20-30 minutes]

