Study with a purpose! Set a goal of what you want to accomplish in your study session. Focus on the materials for the designated time frame. Afterwards, reward yourself with a break.

**The Study Cycle**

**Preview**
Before class:
- Skim new material
- Review boldface words and summaries
  *(10-20 minutes)*

**Attend**
In class:
- Be an active listener
- Take notes
- Ask questions

**Review**
After class:
- Read your notes
- Develop questions
- Fill in gaps
  *(20-30 minutes)*

**Assess**
Do you understand this material enough to teach it to others?
Are you using effective study methods?

**Study**
Schedule several focused study sessions per class each week
  *(30-50 minutes)*

Repeat as needed!