The Study Cycle

1. Preview
   - Skim new material before class
   - Make note of big ideas (5-15 minutes)

2. Attend
   - Attend class
   - Take notes
   - Ask Questions

3. Review
   - Read notes
   - Fill in gaps
   - Develop questions (10-15 minutes)

4. Study
   Schedule several “intense study sessions” per class each week (30-50 minutes)

5. Check
   - Can I teach this material to someone?
   - Are my favorite study methods effective?

Intense Study Session

1. Plan (1-2 min)
   Make a specific goal for your study session

2. Study (30-35 min)
   Solve problems, summarize, explain aloud, etc.

3. Break (5-10 min)
   Step away to clear head; reward yourself

4. Review (3-5 min)
   Review previous work, check for understanding

*Adapted from Texas A&M Academic Success Center Study Cycle handout