

The Study Cycle

Step 1 – Preview (5-15 minutes)

- Skim new material before class
- Make note of big ideas

Step 2 – Attend

- Attend class
- Take notes
- Ask questions

Step 3 – Review (10-15 minutes)

- Read notes
- Fill in the gaps
- Develop questions

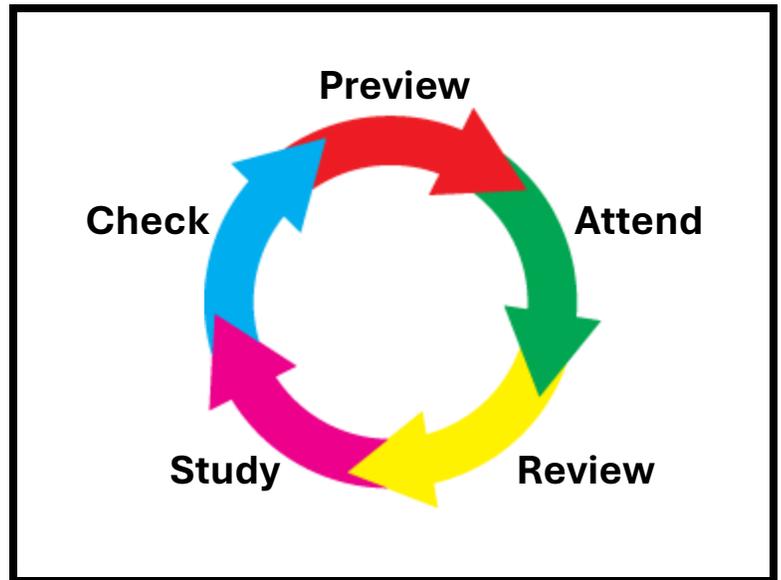
Step 4 – Study (30-50 minutes)

- Schedule several intense study sessions (see details below) per class each week

Step 5 – Check

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

Go back to Step 1 and repeat!



Intense Study Session

Plan (1-2 minutes)

- Make a specific goal for your study session

Study (30-35 minutes)

- Solve problems, summarize, explain out loud, etc.

Break (5-10 minutes)

- Step away to clear your head
- Reward yourself

Review (3-5 minutes)

- Review previous work
- Check for understanding