**THE STUDY CYCLE**

**Preview Before Class**
Skim the chapter. Note headings and boldface words. Review summaries and chapter objectives. Come up with questions you’d like the lecture to answer for you.

**Attend Class**
Answer and ask questions and take meaningful, thorough notes.

**Assess Your Learning**
Periodically perform reality checks. “Am I using study methods that are effective? Do I understand the material enough to teach it to others?”

**Review After Class**
As soon after class as possible, read notes, fill in gaps, and note any questions you have.

**Study the Material**
Repetition is key. Ask questions such as “why”, “how”, and “what if.” Use Intense Study Sessions (see below). Do 3 - 5 short study sessions a day. Use weekends to review. Read notes and material from the week to make connections.

**INTENSE STUDY SESSIONS**

1. **Set a Goal** (1 - 2 minutes)
   Decide what you want to accomplish in your study session

2. **Study with Focus** (30 - 50 minutes)
   Interact with material – organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc.

3. **Reward Yourself** (10 - 15 minutes)
   Take a break – call a friend, play a short game, get a snack

4. **Review** (5 minutes)
   Go over what you just studied

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*Purdue University Academic Success Center*
*Adapted from The Study Cycle. LSU and Frank Christ. http://www.cas.lsu.edu*