THE STUDY CYCLE: A FIVE-STEP APPROACH TO STUDYING

PREVIEW

Skim new material. Note the main ideas. Form a big picture.

ATTEND

Go to class...all classes!

Take notes.

Ask questions.

START

THE STUDY CYCLE

REVIEW

Read notes.
Fill in any gaps.
Form questions.

CHECK

Can I teach this?
Are my study methods
effective?

STUDY

Complete <u>FOCUSED</u> <u>STUDY SESSIONS</u> between classes.

FOCUSED STUDY SESSION

<u>PLAN</u> (1-2 MIN.)

Set a specific goal for this study session

<u>STUDY</u> (30 - 50 MIN.)

Use effective study strategies to engage with the material. Use concept maps, read for comprehension, work problems, etc. Remember to think critically!

BREAK (5 - 10 MIN.)

Step away to clear your mind and recharge.

RECAP (5 MIN.)

Summarize your learning. Wrap up this study session.

CHOOSE

Continuing studying? Take a longer break? Change tasks or subjects?