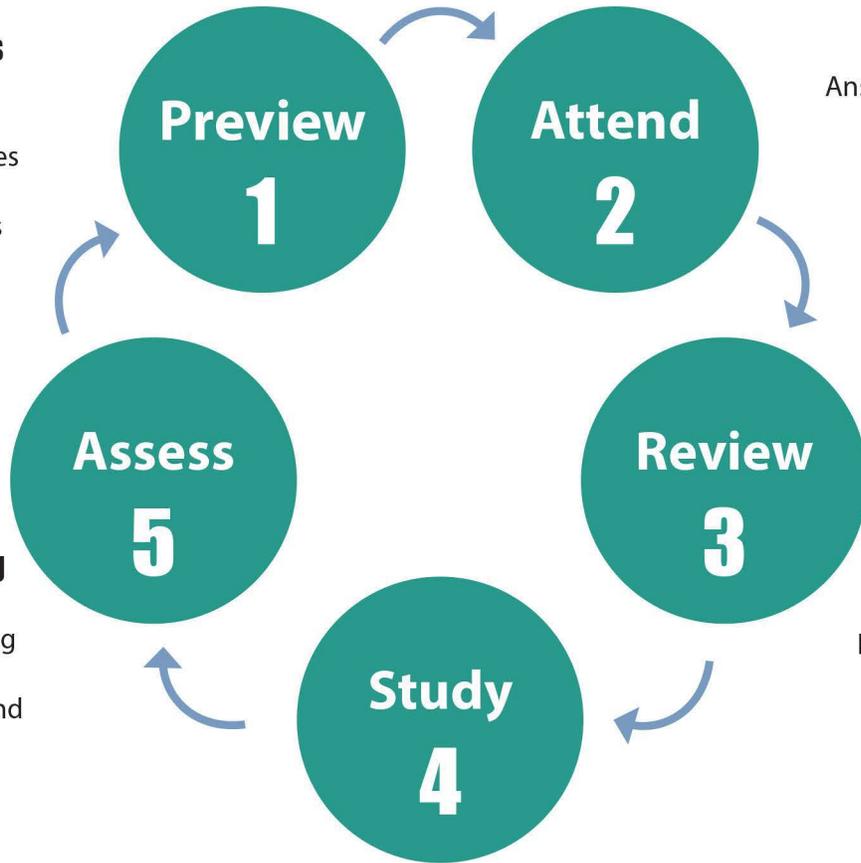


# THE STUDY CYCLE:

## 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

- |                            |                   |  |
|----------------------------|-------------------|--|
| <b>1. Set a Goal</b>       | (1 - 2 minutes)   | <b>Decide</b> what you want to accomplish in your study session  |
| <b>2. Study with Focus</b> | (30 - 50 minutes) | <b>Interact with material</b> – organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc. |
| <b>3. Reward Yourself</b>  | (10 - 15 minutes) | <b>Take a break</b> – call a friend, play a short game, get a snack  |
| <b>4. Review</b>           | (5 minutes)       | <b>Go over</b> what you just studied   |