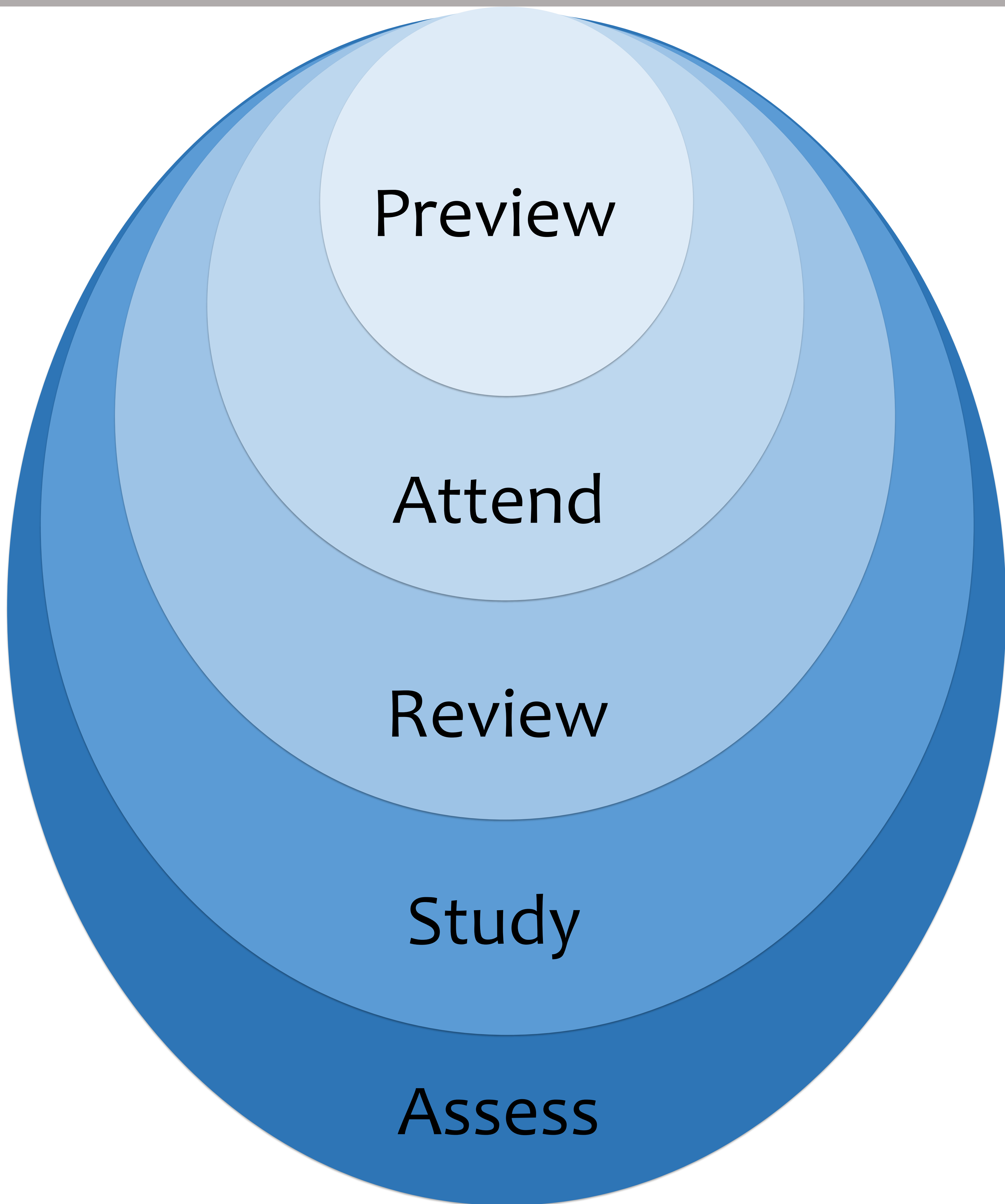


The Study Cycle



Preview before class – Skim the chapter, note headings and boldface words, review summaries and chapter objectives, and come up with questions you'd like the lecture to answer for you.

Attend class – **GO TO CLASS!** Answer and ask questions and take meaningful notes.

Review after class – As soon after class as possible, read notes, fill in gaps and note any questions.

Study – Repetition is key. Ask questions such as 'why', 'how', 'what if'.
· **Intense Study Sessions*** - 3-5 short study sessions per day
· Weekend Review – Read notes and material from the week to make connections

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?

*Intense Study Sessions

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