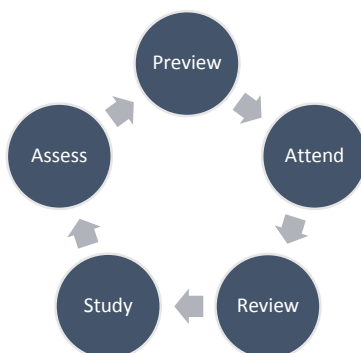


THE STUDY CYCLE



Preview

- Before class, spend 5-10 minutes looking over the material that will be presented in class.
- Look for key words, section headings in the chapter, summaries at the end of sections, and discussion questions.
- You are not learning or memorizing material by doing this; instead, you are familiarizing yourself with concepts and terms that will come up in class.

Attend

- Go to class. Regular attendance is crucial for success.
- While in class, take notes. Look for information that may look familiar from your preview.
- Ask questions and participate in the discussion during class. Actively engaging in class will not only help you clear up confusion, but it will also help you practice active learning strategies that will help you commit information to long-term memory.
- Participation in class will also give your instructor a favorable impression of you.

Review

- Within 24 hours after class, review your notes.
- Fill in places where you may have missed a key term.
- Write down any questions that your notes have brought up in your mind. Ask those questions in your next class or visit your instructor during office hours to ask them.

Study

- Study your course materials during “Intense Study Sessions” each day.
- Review your notes regularly.
- By interacting with your course information daily, you will be able to avoid marathon study sessions and will be committing course content into long-term memory.

Assess

- Try to discuss your material, write about the information, or work problems without using your notes to check your own understanding.
- Have conversations with others about the material.
- Work in study groups and only refer to your notes if you cannot recall information or need to verify information.