

The Study Cycle

Each time we learn something new, we create a new connection in our brains. We strengthen that connection each time we engage with the material again, making it easier to recall the material later. The Study Cycle is an effective way to help you spread out your studying over several weeks, instead of cramming right before the exam.

THE STEPS

The five steps require active engagement and build on each other to strengthen your learning.

Step 1: Preview

Before you attend class, look over the material to be covered. (10-15 min)

- Skim the chapter or slides with a focus on objectives, headings, boldface words, and summaries.
- Note any questions you would like answered in class.
- Provides an overview so you have some context to build on during lecture.

Step 2: Attend

Go to class! (50-75 min)

- Key to attending is paying attention. Actively engage and remove all distractions.
- Take meaningful notes (handwritten or electronic) based on what your instructor emphasizes.
- Ask questions you identified during preview.

Step 3: Review

Within 24 hours of attending class, review the material covered. (15-20 min)

- Summarize your notes in your own words or create and use flashcards/Quizlet to ask questions.
- Fill in any gaps that still exist by using your text and any available materials.
- Identify any remaining questions you can ask during office hours or at tutoring/PAL.

Step 4: Study

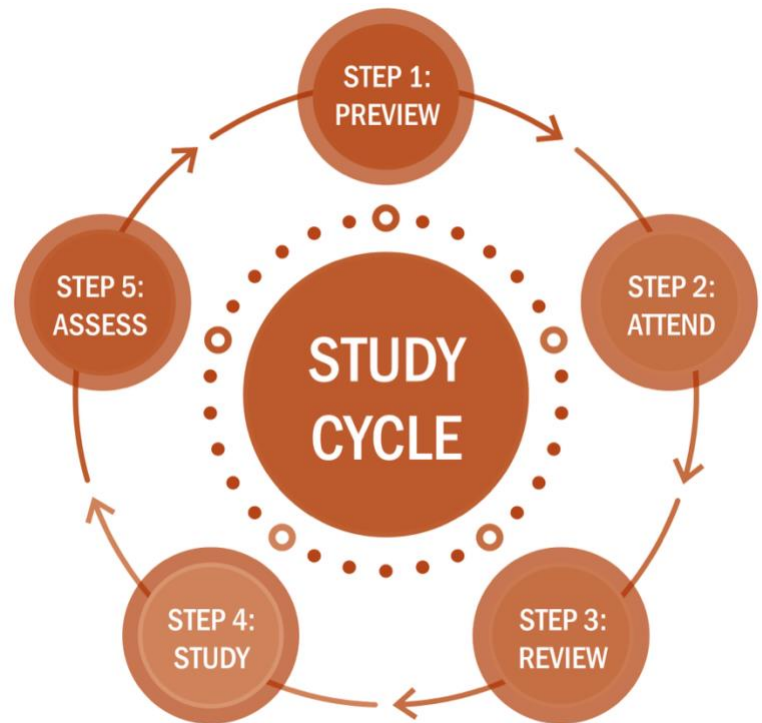
Studying is more than just reading notes. (30-50 min)

- Spaced out repetition is key. Plan out 3 to 5 short, intense study sessions per class each week.
- Set a specific goal for each study session and practice retrieval instead of rereading.
- Over the weekend, review your material from the week to make connections between concepts.

Step 5: Assess

Periodically check in to determine if your study methods are working. (30-45 min)

- Reflect on your study plan and ask yourself questions about what could be changed.
- Discuss concepts with classmates and try to explain big ideas in your own words.
- Regularly use self-testing to figure out what you know and what you don't yet know.



IMPLEMENTING THE STUDY CYCLE

Use the space below to identify how you can implement the study cycle across your courses.

Step 1: Preview

Step 2: Attend

Step 3: Review

Step 4: Study

Step 5: Assess