The Study Cycle

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

*Intense Study Sessions*

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

**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.

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

**Study** – Repetition is the key. Ask questions such as ‘why’, ‘how’, and ‘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?