**The Study Cycle**

- **Preview**
  - **Preview before class** – Skim the chapter, note headings and boldface words, review summaries and chapter objectives, and note questions you would like answered in class.

- **Attend**
  - **Attend class** – GO TO CLASS! Ask questions and take meaningful notes.

- **Review**
  - **Review after class** – Within 24 hours, read notes, fill in gaps and note any questions. Be prepared to ask your professor or a tutor.

- **Study**
  - **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**
  - **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?

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**Intense Study Sessions**

1. **Set a Goal** (1-2 min)  
   Decide what you want to accomplish in your study session. What are you trying to learn? Be specific.

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. Get up and move around. Keep it short!

4. **Review** (5 min)  
   Go over what you just studied

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adapted from the Study Cycle - LSU Center for Academic Success