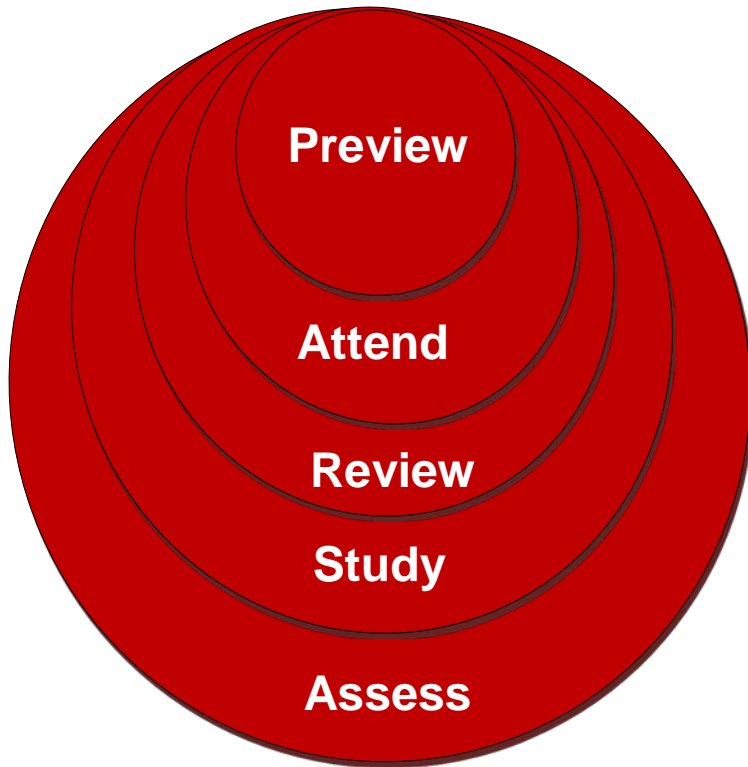


# The Study Cycle



**Preview before class** – Skim the chapter noting headings and boldface words; review summaries and chapter objectives; and develop questions you want to ask and answer during class.

**Attend class** – **GO TO CLASS** and actively participate. 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. Synthesize the lecture and reading materials. Summarize your learning in a few sentences. Clarify misunderstandings using resources such as instructor, TA, text, other students, tutor, etc. Connect new information with previous learning.

**Study** – Repetition is 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. Practice retrieval.

**Assess your Learning** – Periodically assess your progress.

- Am I using study methods that are effective?
- Do I understand the material well enough to teach it to others?

Intense Study Session		
<b>Set a Goal</b>	1 - 2 min	Decide what you want to accomplish in your study session
<b>Study with Focus</b>	30 - 50 min	Interact with material - organize, develop concept maps, charts, tables, or diagrams, summarize, process, re-read, fill in notes, reflect, etc. Put material away and practice retrieval by recalling as much information as possible. Do practice problems without looking at the steps in the text or your notes.
<b>Reward Yourself</b>	10 min	Take a break - walk around, get a snack, relax
<b>Review</b>	5 min	Go over, summarize, and wrap up what you just studied



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