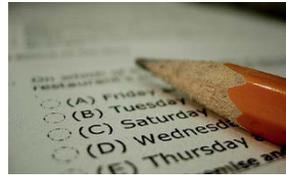# THE STUDY CYCLE

BEFORE CLASS - PREVIEW

- Identify sections to be covered in the next class/lecture (use your syllabus)
- Take 10-15 minutes to look over chapter headings, keywords, & chapter summary
- Formulate questions you want to ask and answer during class.

Prepare for Success

- Analyze returned tests and learn from the results. What worked well and what didn't?
- Think realistically and manage time with a study schedule
- Study when and where you're the most alert

For multiple choice exams, cover answers and generate your own response

TEST

- Arrive early to minimize anxiety
- Get an overview before you begin
- Read directions carefully
- Keep track of your time
- Practice relaxation & positive self- talk

DURING CLASS -

LISTEN & TAKE NOTES

- Use an effective notetaking system during lecture
- Listen to find answers to your questions
- Include what the professor *says* in addition to material on the board
- Leave space in notes to add material later

Typically, students only remember 5% of lecture information that is not included in their notes.

AFTER CLASS – RSQC

- **Review** – As soon after class as possible, read notes and text material and fill in gaps.
- **Synthesize** the lecture and reading materials. Summarize your learning in a few sentences.
- **Questions** - Clarify questions using resources such as instructor, TA, text, other students, tutor, etc.
- **Connect** new information with previous learning.

Synthesize — integrate the main concepts and explain in your own words

STUDY – SELF-TEST

- **Interact with material** – Organize, develop concept maps, charts, tables, or diagrams, summarize, process, re-read, fill in notes, reflect, etc.
- **Rehearse** – Do practice problems without looking at the steps in your text or notes, boost memory with repetition, use mnemonic devices, etc.
- **Elaborate** – Explain ideas aloud (to self or others), write and answer practice test questions.
- **Apply** — Challenge yourself to apply the knowledge to problem-solving, or real-world situations
- **Retrieval** — Put material away and practice retrieval by recalling as much information as possible.