The Study Cycle

Use the Study Cycle to get the most out of in class time and structure your out of class time.

# The Study Cycle

Start at Preview, and repeat the cycle as needed.

## Preview

Skim new material, note main ideas, and form the big picture.

## Attend

Go to class! Take notes and ask questions!

## Review

Read notes, fill in any gaps, and form questions to ask in the next class or office hours you attend.

## Study

Complete multiple Focused Study Sessions (Instructions given down below) before class meets again.

## Check

Can I teach this? Are my study methods effective?

# Focused Study Session

Schedule as many study sessions as needed to master the material.

## Plan

Plan for 1 to 2 minutes. Set a specific goal for this Focused Study Session.

## Study

Study for 30 to 50 minutes. Use effective study strategies to deeply engage with the material by using concept maps, read for comprehension, work problems, and more. Remember to think critically by asking: Why? How? What if?

## Break

Take a break for 5 to 10 minutes. Step away and clear your mind.

## Recap

Recap for 5 minutes. Summarize and wrap-up.

## Choose

Continue studying? Take a longer break? Change tasks or subjects?

# Credits, Permission of Use, and Additional Info

The Study Cycle is adapted from Frank Christ’s PLRS system.

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