



THE STUDY CYCLE

Check

See if your study methods are working. Quiz yourself, compare your understanding to class goals, and get help when needed. If something is not working, adjust your approach.

Preview

Before class, complete readings, look over slides, and review learning objectives. Take notes on key themes. This will help the lecture make more sense and solidify what you do and do not understand.

Attend Class

Show up and stay engaged. Take useful notes, pay attention to what your professor emphasizes, and ask questions. Class is where you learn what matters most and what you should focus on later.

Review

Soon after class, look back at your notes. Fill in gaps, summarize key ideas, and identify confusing topics. A quick review helps the material stick and keeps you from forgetting it.

Study

Use short, focused study sessions throughout the week instead of cramming. Set a goal, stay active, and practice by solving problems, making flashcards, or explaining ideas out loud.

Hack: Organize preview notes and class notes in columns to keep themes together.

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Hack:

Concept maps, study guides, and practice problems are great tools!

Preview: What will you do before class to preview the material? When will that fit into your schedule each week?

Attend: How will you stay focused and engaged in class? What is one specific habit you want to practice during lectures?

Review: When will you review your notes after class? What steps will you take if there is material you don't understand?

Study: How will you plan short, focused study sessions each week? What strategies will you use to actively study the material?

Check: How will you know whether your study methods are working? How might you change your approach if they aren't?