The Study Cycle

Use the Study Cycle to improve your study techniques and ability to remember information.

Tolearn more about how the study cycle works, visit:

https://youtu.be/6vEWBnlqxcg



Preview

>Before class, skim new material

>Note big ideas

5-15 minutes

Check

>Can I teach this material to someone?

>Are my study methods effective?

The Study Cycle

Attend

>Go to class!

>Take notes

>Ask questions

Study

Schedule several focused study sessions per class each week

30-50 minutes

Review

>Read notes

>Fill in gaps

>Develop questions

10-15 minutes

FocusedStudySessions

Focused Study Sessions (FSSs) work with the way your brain learns best:in short, focused increments.

Schedule several focused study sessions per class each week.

PLAN

Decide what you will accomplish in your study session and get started.

(Suggested time: 1 - 2minutes)

STUDY

Interact with material: organize, concept map, summarize, process, read, work problems.

(Suggested time: 30 - 50 minutes)

BREAK

Step away from material to clear vour head.

(Suggested time: 5 - 10 minutes)

RECAP

Go back over, summarize, wrapup and check what you studied.

(Suggested time: 5 minutes)

CHOOSE

- Should I continue studying?
- Should I take a break?
- Should I change tasks or subject?

