The Study Cycle

**Preview:** Skim through your assignments and reading before class to refresh your mind and help you remember concepts you want clarified during class.

**Assess yourself:** Periodically check up on yourself and make sure your methods of studying are still effective.

**Attend Class:** Take meaningful notes and actively participate in class.

**Study:** Make sure you don't over-study. Studying isn't a marathon it’s a series of short sprints. Make sure to use a large number of intense study sessions.

**Review:** As soon as possible (within 24 hours) after class review your notes. This will help you remember the material covered in class.

**Intense Study Sessions**

- **Set a Goal** (1-2 minutes)
  Decide what you want to accomplish during your study session

- **Study with Focus** (30-50 minutes)
  Re-read, edit, re-write, summarize, organize, etc.

- **Reward Yourself** (10-15 minutes)
  Do something fun, get a snack, go for a walk, just let yourself relax

- **Review** (5 minutes)
  Take the time to go back over what you just studied