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.

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

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

Assess: Make sure you don’t over-study. Studying isn’t a marathon. It’s a series of short sprints. The more intense study sessions you have over time, the better the results.

Study: Make sure you don’t over-study. Studying isn’t a marathon. It’s a series of short sprints. The more intense study sessions you have over time, the better the results.

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, or relax

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

Adapted from Frank Christ’s PLRS System