The Study Cycle

1. **Preview**
   - Skim new material before class
   - Make note of big ideas (5-15 minutes)

2. **Attend**
   - Go to class
   - Take notes
   - Ask questions

3. **Review**
   - Read notes
   - Fill in gaps
   - Develop questions (10-15 minutes)

4. **Study**
   - Schedule several focused study sessions per class each week (30-50 minutes)

5. **Check**
   - Can I teach this material to someone?
   - Are my study methods effective

Components of A Focused Study Session

1. **Plan** (1-2 min)
   - Decide what you will accomplish in your study session.

2. **Study** (30-35 min)
   - Concept map, organize, summarize, read, work problems, etc.

3. **Break** (5-10 min)
   - Step away from the material to clear your head.

4. **Recap** (5 min)
   - Go back over, summarize, wrap-up, and check what you studied.

5. **Choose**
   - Should I continue studying?
   - Should I take a break?
   - Should I change tasks or subjects?

*Adapted from LSU Center for Academic Success Study Cycle handout.*