**The Study Cycle**

**PREVIEW before class**: skim the chapter, note headings, and boldface words, review summaries and chapter objectives, and come up with questions you would like to the lecture to answer for you.

**ATTEND Class**: GO TO CLASS! There are no excuses for skipping class. Once in class, answer and ask questions and take meaningful notes. Be an active participant in your learning.

**REVIEW after class**: As soon as possible, read over your notes, fill in gaps (missing information), and note any questions you may have about the material covered.

**STUDY**: repetition is key, ask questions such as ‘why’, ‘how’, and ‘what if’. Practice 3-5 short study sessions per day called, **Intense Study Sessions**:

1. **Set a goal** – decide what you want to accomplish in your study session (1-2 minutes)
2. **Study with focus** – interact with the material – organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc. (30-50 minutes)
3. **Reward yourself** – take a break – call a friend, play a short game, get a snack. (10-15 minutes)
4. **Review** – Go over what you just studied (5 minutes)

**ASSESS your learning**: periodically perform reality checks:

- Am I using study methods that are effective?
- Do I understand the material enough to teach it to others?