The Study Cycle

**BEFORE CLASS - PREVIEW**
- Identify sections to be covered in the next class/lecture (use your syllabus)
- Take 10-15 minutes to look over chapter headings, keywords, & chapter summary
- Formulate questions you want to ask and answer during class.

**Prepare for Success**
- Analyze returned tests and learn from the results. What worked well and what didn’t?
- Think realistically and manage time with a study schedule
- Study when and where you’re the most alert

**TEST**
- Arrive early to minimize anxiety
- Get an overview before you begin
- Read directions carefully
- Keep track of your time
- Practice relaxation & positive self-talk

**DURING CLASS - LISTEN & TAKE NOTES**
- Use an effective notetaking system during lecture
- Listen to find answers to your questions
- Include what the professor says in addition to material on the board
- Leave space in notes to add material later

**STUDY - SELF-TEST**
- Interact with material – Organize, develop concept maps, charts, tables, or diagrams, summarize, process, re-read, fill in notes, reflect, etc.
- Rehearse – Do practice problems without looking at the steps in your text or notes, boost memory with repetition, use mnemonic devices, etc.
- Elaborate – Explain ideas aloud (to self or others), write and answer practice test questions.
- Apply — Challenge yourself to apply the knowledge to problem-solving, or real-world situations
- Retrieval — Put material away and practice retrieval by recalling as much information as possible.

**AFTER CLASS – RSQC**
- **Review** – As soon after class as possible, read notes and text material and fill in gaps.
- **Synthesize** the lecture and reading materials. Summarize your learning in a few sentences.
- **Questions** - Clarify questions using resources such as instructor, TA, text, other students, tutor, etc.
- **Connect** new information with previous learning.

*Typically, students only remember 5% of lecture information that is not included in their notes.*

For multiple choice exams, cover answers and generate your own response

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