The Study Cycle

1. Preview before Class
   - Skim the chapter, note headings and boldface words, review summaries, and chapter objectives, and come up with questions you’d like the lecture to answer for you.

2. Attend Class
   - Go to class! Answer and ask questions and take meaningful notes.

3. Review After Class
   - As soon after class as possible, read notes, fill in gaps, and note any questions.

4. Study
   - Representation is key. Ask questions such as "why", "how", and "what if".
   - Intense Study Sessions: 3-5 short sessions per day
   - Weekend Review: read notes and material from the week to make connections

5. Access 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?

Intense Study Sessions

1. Set a Goal 1-2 minutes
2. Study with Focus 30-50 minutes
3. Reward Yourself 10-15 minutes
4. Review 5 minutes
   - Decide what you want to accomplish in your study session
   - Interact with the material - organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc.
   - Take a break - call a friend, play a short game, get a snack
   - Go over what you just studied

For additional information, email Keith Allen in the Division of Academic Enhancement at khallen@uga.edu

Adapted from: McGuire, S. Y. (2015) Teach STEM Students HOW to Learn: Metacognition is the Key!