The Study Cycle

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

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

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

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

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?

Intense Study Sessions

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

For additional information, email Keith Allen in the Division of Academic Enhancement at khalen@uga.edu
Adapted from: McGuire, S. Y., (2015) Teach STEM Students HOW to Learn: Metacognition is the Key!