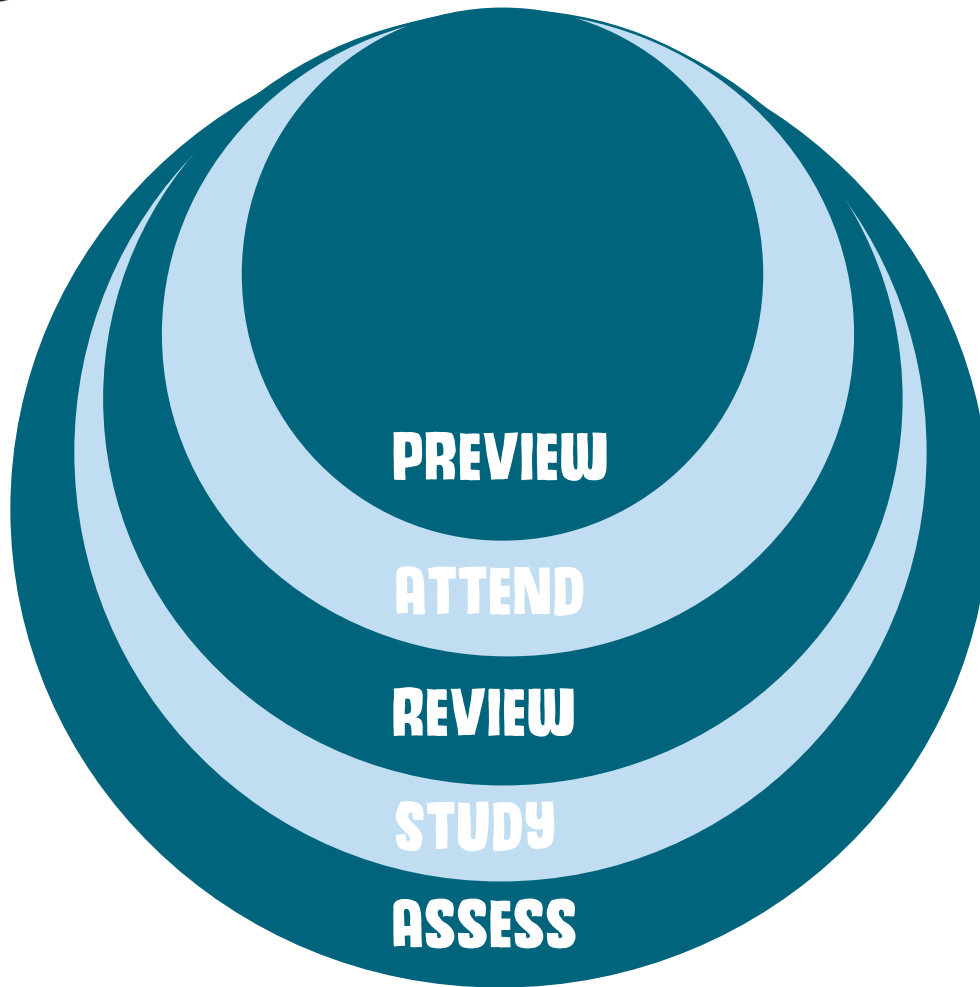




# THE STUDY CYCLE



**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 [khallen@uga.edu](mailto:khallen@uga.edu)

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