THE STUDY CYCLE

PREVIEW
1) Skim the chapter
2) Look over key terms
3) Think of questions

ASSESS
1) Perform reality checks
2) Assess study methods
3) Self-evaluate

ATTEND
1) Focus in class
2) Ask questions
3) Answer questions

STUDY
1) Repeat, repeat, repeat
2) Do 3-5 intense study sessions/day
3) Re-read notes

REVIEW
1) Review notes
2) Recall what happened
3) Explain to yourself

INTENSE STUDY SESSIONS
1) Set a goal - Decide what to accomplish
2) Study with focus - typically 30-50 minutes
3) Reward yourself - Take a break
4) Review - Go over what you've studied