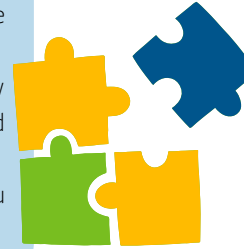


# THE STUDY CYCLE

**START**

## PREVIEW

- Use your syllabus to determine what will be covered in class.
- Take a few minutes to review chapter headings, keywords, and summaries.
- Develop a list of questions you want to answer during the class.

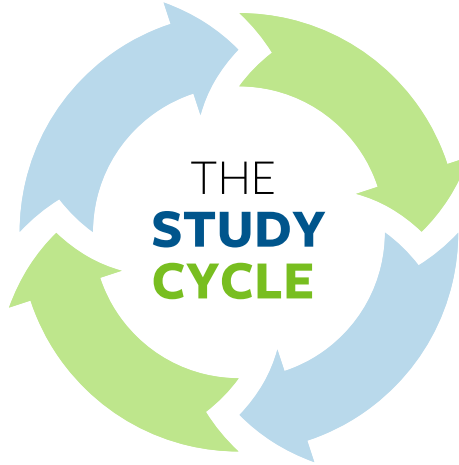


## CHECK

- Could you teach this to someone else?
- Are your study methods effective?
- Do you need to try something new?



## THE STUDY CYCLE



## ATTEND

- Take notes.
- Listen attentively to find answers to your questions.
- Jot down important points mentioned by the professor.
- If you're having trouble focusing, try sitting somewhere new.



## STUDY

- Use Focused Study Sessions.
- Utilize study groups, review sessions, SI sessions, office hours, the ALTC, etc.
- Experiment with different study tactics.



## REVIEW

- Read through your notes and other relevant material to identify any gaps in your understanding.
- Summarize what you have learned to reinforce your understanding.

