

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

Success

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