

THE STUDY CYCLE

1. Preview material before class

Read or skim the chapter, note headings and boldface words, review summaries and chapter objectives before class.

2. Attend every class

Answer and ask questions. Take meaningful notes. Take notes even if you think you understand the material or if the material is easy.

3. Review notes the first 5—10 minutes after class

Read your notes, fill in gaps and jot down any questions. Detect main points or themes in class as revealed in your notes. See what you don't understand.

4. Study material

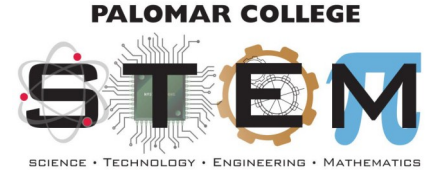
Intense Study Sessions (*See right column): 3-5 short study sessions per day.

Weekend Review: Read material from the week to make connections.

5. Assess your knowledge

Periodically perform checks on the effectiveness of your study routine.

Ask yourself, "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 (30 - 50 minutes)**
Interact with material. Organize, summarize, process, read paragraph by paragraph, re-read, reflect, outline, and assess yourself.
3. **Take a break (10 - 15 minutes)**
Reward yourself. Close your eyes, get a snack.
4. **Review (5 minutes)**
Go over what you just studied.