

The Study Cycle

- Phase One:** Read or preview chapters to be covered in class . . . before class (Create chapter maps)
- Phase Two:** Go to class, listen actively, take notes, participate in class discussion
- Phase Three:** Review, process, and summarize class notes as soon as possible after class
- Phase Four:** Implement Intense Study Sessions (See below)
- Repeat**

Intense Study Sessions

- **2 – 5 minutes:** Set goals for session (specific and realistic)
- **30 – 40 minutes:** Study with FOCUS and ACTION
****Distraction-limited environment required!****
 - Read text more selectively and highlight
 - Summarize reading material and create margin notes
 - Work examples, develop own examples
 - Work practice problems
 - Recite lecture and text notes out loud
 - Summarize notes in own words
 - “Teach” the information to assess comprehension
 - Develop concept maps to organize material
 - Discuss material with study group
 - Construct and answer possible exam questions
 - Quiz self (without referencing notes, book, etc.)
- **5 minutes:** Review material just studied
- **10 minutes:** Take a break
- **Repeat**

Adapted from *Get Students to Focus on Learning: Teach Them How to Learn*. Presentation by Dr. Sandra Y. McGuire, Center for Academic Success, Louisiana State University.