## 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. Saundra Y. McGuire, Center for Academic Success, Louisiana State University.