## **The Study Cycle**

How you study should match with how your brain learns best. Hence, using short preview, review, and intense increment study sessions are more powerful for memory and retention than you may think. Try the following system of studying for each of your classes to maximize your learning.

- Before class, spend 10-15 min. to skim the materials to be discussed
- Look over chapter introduction, headings, summary, keywords, diagrams, etc.
- Develop questions you have on the material

'EST/

STUDI

naro

Preview

Time for

review

- Check your understanding by trying to answer questions, work problems, recalling, and/or summarizing without using your notes
- Test your knowledge by recalling material out loud, "pretend teach" while using a "need to know" list
- Apply the knowledge to problem-solving or real world situations

- GO TO CLASS!
- Listen actively & take good notes
- Practice critical thinking, ask questions & participate in class discussions
- Synthesize lectures & reading materials

- Organize material: create outlines, charts/tables, concept maps to illustrate relationships (e.g. similarities/ differences, chronology, cause/effect)
- Use "Intense Study Session" daily (below)
- Use repetition, mnemonic techniques to boost memory

- Review notes within 24 hours to:
  - $\sqrt{}$  Identify gaps or misunderstanding
  - $\sqrt{}$  Develop questions that need answering

Then fill-in gaps/answer questions using resources such as text, instructor, TA, tutor, classmates, etc.

Identify main ideas & put them in your own words



Adapted from: The Center of Academic Success, Louisiana State University and UT Learning Center, University of Texas at Austin