

# THE STUDY CYCLE

**START HERE**  
AND REPEAT

## ASSESS

20 - 30 MINUTES

Periodically perform checks:

- Name examples
- Write down everything you know about a concept
- Do you understand the material enough to teach others?

## STUDY

30 - 50 MINUTES DAILY  
FOR EACH CLASS YOU'RE TAKING

- Use your planner and start early
- Repetition is key
- Ask *why*, *how*, and *what-if* questions
- Connect what you are learning to things you already know

## PREVIEW

10 - 15 MINUTES

Before class, scan through the chapter to get a big picture idea of what you are going to be learning about, including:

- Headings
- Bolded and italicized words
- Graphs and pictures

## ATTEND

Go to class and take handwritten and meaningful notes:

- Ask questions and get answers
- Multi-tasking is a myth
- Going to class can make a difference of a letter grade or two

## REVIEW

10 - 15 MINUTES

Review your notes as soon after class as you can.

- Add missing information
- Make sure your notes still make sense
- Write down any questions that you have