THE STUDY CYCLE

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
• Bold words
• Graphs and pictures

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?

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

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

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