

The Study Cycle

Do you have too much to read, get lost when reading difficult material or forget what you read? This guide will help you stay on track as you read and study for your courses.



Prepare for Success

- Think realistically and schedule specific study time.
- Study when you're the most alert.
- Perform an Exam Autopsy on returned tests.



Self -Test (Weekly during Review)

- Boost memory with mnemonic devices, repetition, etc.
- Write and answer practice test questions.
- Apply concepts to real-world situations or

Preview Text for 10- 15 minutes (right before or the morning of class)

- Look over sections to be covered in the next lecture.
- Read the introduction, sub-headings, first sentences of each paragraph, words in bold-faced type or definition, diagrams, charts, and conclusion or summary.
- If time allows, look over the previous lectures notes while waiting for the class to start.



Listen, Participate & Take Notes (During Lecture)

- Document what the professor says *in addition* to what is written on the board or PowerPoint.
- Leave space in between topics to add information later during review.
- Mark unclear concepts or topics so you can review them again later.

Read section covered in lecture (After class within 24 hours)

- Read the textbook section (covered in lecture) with your notes open.
- Read a small section at a time instead of a large chunk of information.
- Ask yourself a question at the beginning of each section and try to answer it while reading through the text and your notes.



Review & Recall (Weekly)

- Clarify unclear concepts by consulting the text, professors, and other students.
- Summarize the main ideas and put them into your own words.
- Create flashcards and add diagrams, charts or figures to supplement notes.

Phone: 559.278.8370





Recommended Apps

These apps will help you plan your schedule to ensure you follow a study cycle that works best for you.

Google Calendar

Fresno State utilizes Google as its primary platform for communications. Using Google Calendar will allow you to streamline your messages from the university and your schedule. On this platform you can schedule time for your classes, work, and study timeall accessible quickly through your phone!

My Study Life

My Study Life enables you to keep track of all your classes, tasks, assignments, and exams - anywhere, on any device. MSL will organize your academic life for you, ensuring that you never miss a piece of homework, or forget a lesson. Better organization will allow you to be a more productive student, creating more time for you to spend on the things that matter to you most.

Plantie

Plantie is a time management app that allows you to grow and harvest your favorite fruits while stay focused on your work. This fun app has you grow your favorite fruit while focusing on your task Task will be interrupted if user switch to other apps so you can keep track of your performance every day. You can also collect badges and keep motivated!





Phone: 559.278.8370

