

## THE STUDY CYCLE

Do you have too much to read?

Do you get lost when reading difficult material?

Do you forget what you've read soon after you read it?

**If you replied 'YES' to any of the above, then READ ON!**

### 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.



### PREPARE FOR SUCCESS

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

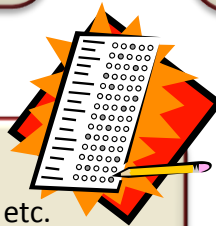
### LISTEN, PARTICIPATE & TAKE NOTES *(During Lecture)*

- Document what the professor says *in addition* to what is on the 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.



### 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 problem solving.



### READ SECTION COVERED IN LECTURE *(After class within 24 hours)*

- Read the textbook section (covered in lecture) with you notes open.
- Read a small section at a time instead of a large chunk of information.
- Ask yourself questionat 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.

