

Study Cycle

Prepare for Success

- Know yourself: study when and where you are most alert.
- Plan your time with a schedule and calendar.

Preview

- Identify relevant text or notes
- Scan chapter headings, keywords and diagrams; read chapter intro/summary
- Formulate questions you want to answer.

Test

- Arrive early with all necessary materials.
- Use appropriate test-taking strategies; e.g., for multiple choice questions, cover answers and general your own response.
- Analyze returned tests.

A strategic approach to learning

Distribute Practice-

Spend 2-3 hours studying outside of class for every hour of class—but spread your studying out over time with shorter, more frequent sessions. Try to avoid study marathons!

Balance input/output-

How are you taking in information (by listening to lecture, reading)? Balance these activities with opportunities to produce the content you've been learning (by writing, speaking, drawing). That will give you practice for the actual test.

Attend Class, Read

- Listen or read actively; find answers to your questions.
- Consider a note-taking system (i.e. Cornell, etc.)
- Synthesize lecture and reading material.

Self-Test

- Create possible test questions, keeping in mind different levels of learning. e.g., do practice problems, put ideas into your own words, and apply your knowledge to real-world situations.
- Trade and discuss your questions with a partner and/or a group.

Create

- Organize your information into different formats: outlines, charts, diagrams, flashcards, timelines, and flowcharts.
- Use structure that show relationships within/between material: similarities, differences, comparisons, hierarchies, chronologies.

Review

- Fill in gaps and correct misunderstandings; resources include your TA, professor, other students, text.
- Put main ideas of lectures and readings into your own words.