The Study Cycle

........a continuous process of learning

A continuous cycle of studying....short previews and frequent reviews......are powerful memory and retention tools. This means the information is more accessible to you for exams and future classes.

**Preview:** This step is essential and prepares you for the learning process. It makes the lecture and reading much more relevant. To preview, skim over the chapter, note headings and bold print, review chapter objectives & summaries. Make sure to note remaining questions to get answered in class.

**Attend class:** GO TO CLASS! When you are in class, don’t waste your time. Be an active listener and use a creative and effective note taking strategy. Because you’ve done a preview, you are ready for the material and the lecture will be more meaningful.

**Review:** Within 24 hours, look over your notes & fill in any gaps. Make note any confusing information or questions to get answered in class.

**Study:** Utilize both intense learning sessions and frequent reviews. Intense sessions are designed to accomplish more in shorter, more focused periods of learning. Frequent reviews reinforce memory. Used together, you will begin to make connections between concepts and understand new ideas...allowing for higher levels of processing.

**Assess your learning:** Learning improves when we reflect on how we are doing. Periodically ask: Am I learning or just memorizing? Where am I in my learning objectives? Are my methods effective? Do I understand the material well enough to teach to others? Answers to these questions will guide you in making the necessary changes to improve your strategies.

**Frequent repetition** is important in really learning the material. Learning is more than memorizing. You must begin to ask questions, such as "Why", "How", and "What if" about the material. Create 3-5 brief study sessions a day that include:

- **A study goal** (1-2 minutes) To determine what you want to accomplish
- **Focused studying** (30-50 minutes) To interact with the material: organize, summarize, process, create mind maps or note cards, etc.
- **A reward** (10-15 minutes) To take a break and re-charge
- **A review** (5 minutes) To reinforce what you just accomplished

Adapted from LSU Center for Academic Success

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