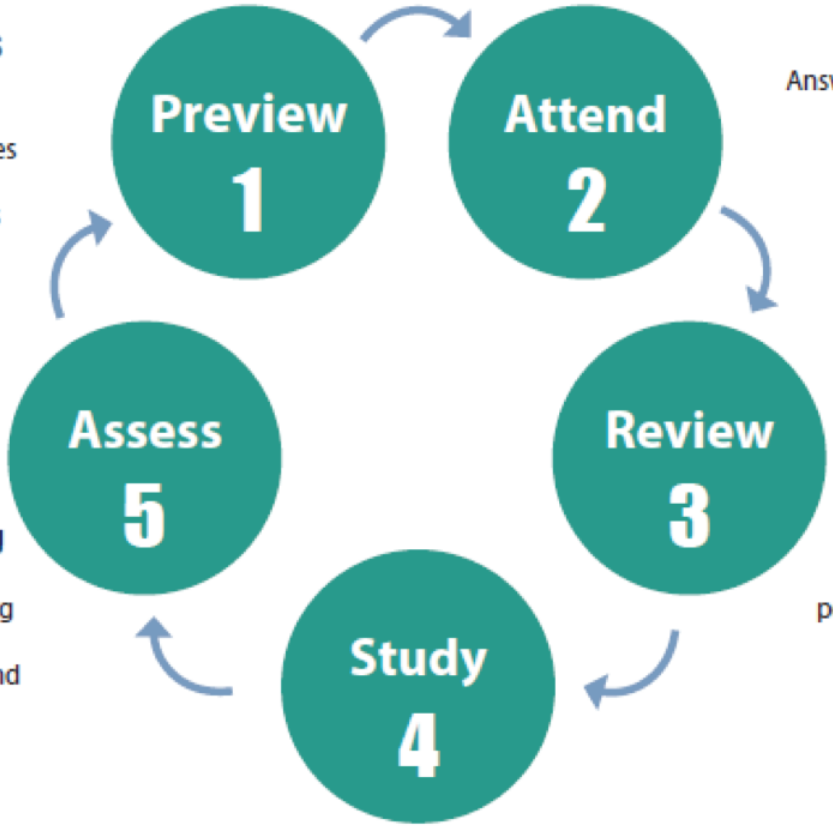
THE STUDY CYCLE

Preview Before Class
Skim the chapter. Note headings and boldface words. Review summaries and chapter objectives. Come up with questions you'd like the lecture to answer for you.



Attend Class
Answer and ask questions and take meaningful, thorough notes.

Review After Class
As soon after class as possible, read notes, fill in gaps, and note any questions you have.

Assess Your Learning
Periodically perform reality checks. "Am I using study methods that are effective? Do I understand the material enough to teach it to others?"

Study the Material
Repetition is key. Ask questions such as "why", "how", and "what if." Use Intense Study Sessions (see below). Do 3 - 5 short study sessions a day. Use weekends to review. Read notes and material from the week to make connections.

INTENSE STUDY SESSIONS

1. Set a Goal	(1 - 2 minutes)	**Decide** what you want to accomplish in your study session
2. Study with Focus	(30 - 50 minutes)	**Interact with material** – organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc.
3. Reward Yourself	(10 - 15 minutes)	**Take a break** – call a friend, play a short game, get a snack
4. Review	(5 minutes)	**Go over** what you just studied