The Study Cycle

1. **Set a Goal** (1-2 min)
   - Decide what you want to accomplish in your study session.
   - What are you trying to learn? Be specific.

2. **Study with Focus** (30-50 min)
   - Interact with material—organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc.

3. **Reward Yourself** (10-15 min)
   - Take a break. Get up and move around. Keep it short!

4. **Review** (5 min)
   - Go over what you just studied

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**Preview before class**—Skim the chapter, note headings and boldface words, review summaries and chapter objectives, and note questions you would like answered in class.

**Attend class**—GO TO CLASS!!! Ask questions and take meaningful notes.

**Review after class**—Within 24 hours, read notes, fill in gaps and note any questions. Be prepared to ask your professor or a tutor.

**Study**—Repetition is the key. Ask questions such as ‘why’, ‘how’, and ‘what if’.
- Intense Study Sessions* - 3-5 short study sessions per day
- Weekend Review—Read notes and material from the week to make connections.

**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?

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*Intense Study Sessions

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adapted from the Study Cycle—Clemson Academic Success Center