

Preview

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

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

Review

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

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

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?

*Intense Study Sessions

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| 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 |

adapted from the Study Cycle—Clemson Academic Success Center