

The Study Cycle

arc.duke.edu 919.684.5917 theARC@duke.edu



Before Class



- Arrive early to minimize anxiety.
- Get an overview before you begin.
- · Read directions carefully.
- · Keep track of your time.
- Practice relaxation & positive selftalk.

- Use your syllabus to identify sections to be covered in the next class/lecture.
- Take 10-15 minutes to look over chapter headings, keywords, & chapter summary.
- Formulate questions you want to ask and answer during class.

Analyze returned tests and learn from the results. What worked well and what didn't?

2 In Class

- Use an effective note taking system.
- Listen to find answers to your questions.
- Include what the professor says in addition to what's on slides/board.
- Leave space in your notes to add material later.



Study

- **Develop** concept-maps, charts, tables, or diagrams.
- Practice problems without looking at the steps in your text or notes.
- Explain ideas aloud.
- Challenge yourself to apply knowledge to problem-solving, or real-world situations.

3 After Class

- Review: Read notes and text material to fill in gaps.
- **Synthesize:** Summarize your learning in a few sentences.
- Question: Clarify questions using resources such as instructor, TA, text, peers, tutor, etc.
- **Connect:** Link new information with previous learning.

