Academic Resource Center
Duke

The Study Cycle

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Before Class

Read 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 to ask and answer during class.

1

In Class

Use a note taking system that works for you.

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.

2

After Class

Review: Read notes and text to fill in gaps.

Synthesize: Summarize your learning in a few sentences.

Question: Clarify with resources like instructor, TA, text, peers, tutor.

Connect: Link new information with previous learning.

3

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.

4

Test

Arrive early to minimize anxiety.

Get an overview before you begin.

Read directions carefully.

Keep track of your time.

Practice relaxation & positive self-talk.

5

Analyze returned tests and identify:

What worked well and what didn't?

Works Consulted: Louisiana State University, Center for Student Success, https://www.lsu.edu/cas/student-resources.php; McGuire, S.Y. (2018). Teach Yourself How to Learn: Strategies You Can Use to Ace Any Course at Any Level. Sterling, VA: Stylus Publishing, LLC.