The Study Cycle

1. Before Class
   - 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.
   - Arrive early to minimize anxiety.
   - Get an overview before you begin.
   - Read directions carefully.
   - Keep track of your time.
   - Practice relaxation & positive self-talk.

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.

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.

4. 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.

5. Test
   - Analyze returned tests and learn from the results. What worked well and what didn’t?
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