The Study Cycle

**PREVIEW.** Plan to preview your assigned material either the night before or the day of class. Skim the chapter, take mental notes of headings and boldface words, review chapter summaries and objectives, and jot down any questions you would like answered in class.

**ATTEND CLASS.** Go to class! Be engaged, take notes, and ask questions! Since you will have previewed the material, you will be able to take more meaningful and clear notes.

**REVIEW.** As soon as possible after class, look over your notes to make sure they are accurate and complete. Make note of anything that you are still unclear about so you can discuss it in study group or ask your professor during the next class.

**STUDY.** This is the time to engage with your textbooks, create study tools and study groups, and to add to or take additional study notes.

**ASSESS.** Periodically assess your learning. Ask yourself: "Am I using study methods that are effective? Do I understand the material enough to teach it to others?"

### Intense Study Sessions

1. **Set a study goal** 1–2 min. I want to read at least five pages and take notes in my . . .

2. **Study with focus** 30–50 min. Interact with your material—organize, summarize, process, etc.

3. **Reward yourself** 10–15 min. Take a break! Walk around, get a snack, relax, etc.

4. **Review** 5 min. Re-read your notes; recite briefly aloud what you have learned.

*Intense study sessions are designed to allow you to accomplish more in shorter, more intense periods of focused study time. Incorporate two to four of these into your schedule each day.*

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Adapted from: Louisiana State University, Center for Academic Success, B-31 Coates Hall, Baton Rouge, LA 70803
Bepko Learning Center (317) 274-4818 ucolblc@iupui.edu
815 W. Michigan St. Indianapolis, IN 46202