

Study Strategies

The Study Cycle

Preview

- * skim new material
- * compose questions

Check

* quiz yourself * teach to others

Attend

* take detailed notes * participate in class

Study

* collect materials * focused study

Review

* reorganize notes * fill in gaps

Focused Study Sessions

Plan

- * create a plan
- * collect all relevant materials
- * go to a study space
 - * 5 minutes

Study

- * organize, analyze, and synthesize
- * read and write
- * complete problems
 - * 45-50 minutes

Break

- * get up and stretch
- * move to a new location
- * have a snack
 - * 10-15 minutes

Recap

- * summarize learning
- * quiz yourself
- * share new material
 - * 10 minutes

Resource

Louisiana State University, Center for Academic Success