**Study Strategies**

**The Study Cycle**

1. **Preview**
   - skim new material
   - compose questions

2. **Check**
   - quiz yourself
   - teach to others

3. **Attend**
   - take detailed notes
   - participate in class

4. **Study**
   - collect materials
   - focused study

5. **Review**
   - reorganize notes
   - fill in gaps

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

7. **Recap**
   - summarize learning
   - quiz yourself
   - share new material
   - 10 minutes

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**Focused Study Sessions**

<table>
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<th>Plan</th>
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| * create a plan  
  * collect all relevant materials  
  * go to a study space  
  * 5 minutes | * organize, analyze, and synthesize  
  * read and write  
  * complete problems  
  * 45-50 minutes | * get up and stretch  
  * move to a new location  
  * have a snack  
  * 10-15 minutes | * summarize learning  
  * quiz yourself  
  * share new material  
  * 10 minutes |

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**Resource**

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