

#### **Step 5 - Assess Your Learning**

Periodically perform reality checks. "Am I using study methods that are effective? Do I understand the material enough to teach it to others?"

# **The Study Cycle**

#### **Step 1 - Preview**

 Before Class Skim the chapter. Note headings and boldface words. Review summaries and chapter objectives. Come up with questions you'd like the lecture to answer for you.

#### Step 2 – Attend Class

• Answer and ask questions and take meaningful, thorough notes.

## Step 4 – Study the Material

 Repetition is key. Ask questions such as "why", "how", and "what if.. Do 3 - 5 short study sessions a day. Use weekends to review. Read notes and material from the week to make connections.

### **Step 3 – Review After Class**

• As soon after class as possible, read notes, fill in gaps, and note any questions you have.

Adapted from Purdue University