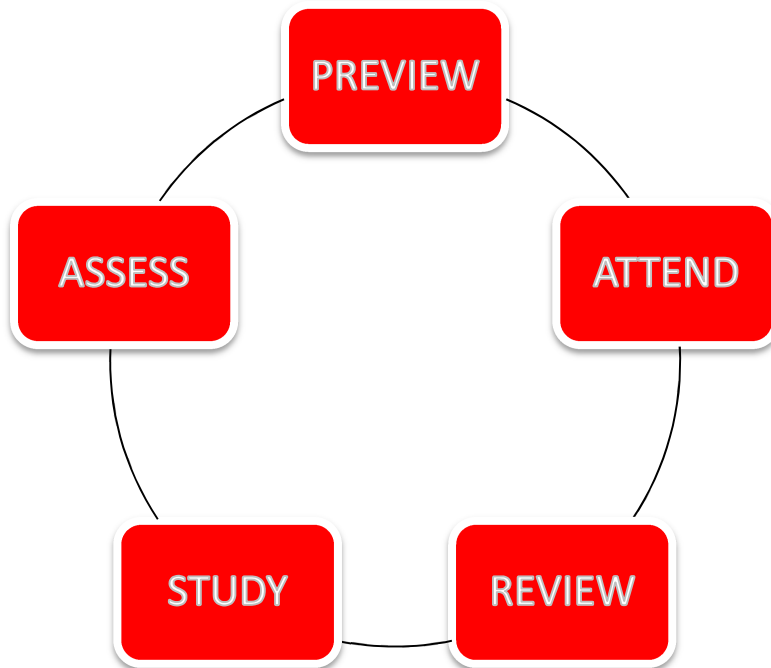


THE STUDY CYCLE: AN APPROACH TO EFFICIENT STUDYING



▪ Preview

- The first step in the cycle involves preparing before you attend class. This allows you to develop a deeper understanding of the material presented in lecture.
- **EXAMPLES:**
 - Reading sections or chapters before class
 - List discussion questions pertaining to these chapters for lecture
 - Watching videos or using other supplementary material

▪ Attend

- Doing your best to make it to every class allows you to ask questions and engage in the material with the instructor.
- Ask questions where appropriate, or write questions down that you want to ask after class
- Take notes during the class to maintain your focus on the material being discussed
- If you have a hard time paying attention when sitting near friends, try not sitting next to them

▪ Review

- The next step in the process involves taking advantage of a quick review when the material is still fresh in your mind. It does not have to be immediately after class, but some time the same day is best for retention.
- **EXAMPLES:**
 - Reading and/or typing the notes you took in class
 - Doing a few practice or end of chapter problems

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■ Study

- The broad definition of studying can utilize many of the techniques already mentioned the previous portions of the study cycle. The main focus will be on strategies and techniques that can be used to feel more prepared
- **TECHNIQUES/TIPS:**
 - Know your weaknesses
 - If you can't study at home, go somewhere you can study
 - If there is a time of day that is easier for you to focus, make it a habit to study during this time frame
 - If you need music, create a good study playlist
 - The list can go on and on, the idea is simply to eliminate distractions so that when you study you are actually doing just that
 - Try joining or creating a study group among your fellow classmates
 - Read the book and possibly create a chapter map or outline that you can refer to later
 - Watch videos or other lectures to further develop your understanding of the material
 - Paraphrase: put the material in your words
 - Don't forget to rest and take breaks

■ Assess

- Finally, each student should assess how much he or she has learned. This is a key step in making sure you truly understand the material and are prepared for exams.
- **EXAMPLES:**
 - Doing problems/homework without notes or textbook
 - Getting classmates together and quizzing each other on the material
 - Taking practice exams online or in the textbook
 - Timing how quickly you can work problems to increase your efficiency on test days

CHECK OUT MORE ACADEMIC RESOURCES ON OUR WEBSITE:

<http://studentsuccess.louisiana.edu/tutoringresources>