The Study Cycle

Phase 1: Preview
- Read or preview chapters to be covered in your next class.
- Skim the chapter summary, highlighted content, headings, formulas and graphs.
- Jot down questions you might need answered by the professor.

Phase 2: Class
- Attend class.
- Actively listen and participate.
- Take meaningful notes.
- Reflect on your preview. Are you missing anything?

Phase 3: Review
- Review, process and summarize class notes as soon as possible after class.
- Ask yourself: are your notes complete and accurate?
- Note anything you find confusing or that you need more information about in order to understand.

Phase 4: Implement Focused Study Sessions
- Dedicate approximately one hour or more to specific and focused subject matter with limited distractions and a goal in mind.