BU Study Cycle for Online Synchronous Course



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?

Weekend Review

Review material from the week to make connections and begin preparing for the coming week.



Power Hours* - Retrieve-Connect-Rehearse Learn vour material well enough that you can teach it. • Ask questions such as 'why', 'how', and 'what if'.

• 3-5 sixty-minute study sessions per day

Preview:

On a weekly basis familiarize yourself with module goals, assignments, and deadlines Daily check into BOLT and look for emails, discussion board postings, etc.

*Power Hours – Retrieve-Connect-Rehearse

- 1. Study with focus (30-50 min): Interact with material—organize, create a concept map, summarize, process, work problems, read, make notes, self quiz, reflect, and so forth. The goal is to retrieve, connect, rehearse so your brain moves "stuff" from working memory to long-term memory.
- **2.** Reward yourself (10-15 min): clear your head—go for a short walk, get a healthy snack, etc
- **3.** Review (5 min): Go over what you just studied—summarize, wrap up, compare what you studied to your goals

4. Choose:

- Should I continue studying?
- Should I take a break?
- Should I change tasks or subject?

Note: if you schedule 3-5 Power Hours into your day, divide this time between your course load. Try to avoid spending an entire 3-5 hours on a single course subject, which is known as mass practice. You might do this to cram for an exam. Cramming does not optimize learning even if you earn a high score.



Prepare for synchronous

Read assigned work or view recorded lectures as well as you can and note what you miss or struggle to understand.

Make notes and bring questions to synchronous sessions

Attend synchronous session

• Answer and ask guestions

- Have notes and readings available to consult
- Take meaningful notes
- Sit up and dress for class

Review after class • As soon after class as possible, any questions.



read notes, fill in gaps and note



Adapted from https://www.lsu.edu/cas/earnbettergrades/note-based.php; Saundra McGuire, Teach Students How to Learn (2015) Updated 18 August 2021