

## Study Cycle for Online Asynchronous 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 your 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.

### Do the Work

- Read assigned work or view recorded lectures
- Make reading notes, solve problem sets, etc. (if you have questions reach out to the instructor)

### Participate Regularly in Asynchronous Activities

- Participate in Discussion Boards and group work in timely manner to take full advantage of community
- Regularly engage with your classmates using asynchronous tools
- Meet with instructor for office

### Review mid-week

- Are you making progress in your weekly modules?
- Do you need additional support?
- What work remains to successfully complete a module?

### **\*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.