



Study Cycle for History Courses



Before Class:

- 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 class.



Attend class – GO TO CLASS!

- Answer and ask questions and take meaningful notes, actively participate in activities.
- If your course is online, daily check into BOLT and look for emails, discussion board postings, etc.



Review after class

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



***Power Hours – Retrieve-Connect-Rehearse**

1. **Study with focus** (30-50 min): Interact with material—read, make notes of your reading, study a recorded lecture, make notes while studying the lecture, summarize lecture, reading or film notes, make timelines, identify and describe major individuals and events, test your ability to recall, make yourself quiz questions and test yourself, attempt to answer questions that are driving the content, engage in pre-writing to prepare for an essay, try teaching the content to a classmate or stuffed animal, take advantage of instructor-provided study guides, develop a study guide from lecture outlines and learning goals for the class meeting, module or unit. (When you make notes, record source and page numbers so you can retrace your steps.)
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 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.



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 Reviews – 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