Study Cycle

1st
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.

2nd 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 D2L/BOLT and look for emails, discussion board postings, etc.

3rd
Review after class

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

4th
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

5th
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

1. **Set a goal** (1-2 min): Decide what you want to accomplish in your study session
2. **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.
3. **Reward yourself** (5-15 min): clear your head—go for a short walk, get a healthy snack, etc.
4. **Review** (5 min): Go over what you just studied—summarize, wrap up, compare what you studied to your goals
5. **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.

Adapted from https://www.lsu.edu/cas/earnbettergrades/note-based.php; Saundra McGuire, *Teach students how to learn* (2015); updated 22 December 2022