The Study Cycle

Use this Study Cycle to improve recall, help organize your studying, and prepare you for your next class.

# 1 Preview

## **PowerPoint and Professor Notes**

Print and review for main ideas and new concepts. Check Moodle (syllabus) for upcoming class topics.

## **Textbook**

Review learning objectives for topics that will be covered in class. Skim chapter for pictures, graphs, key vocabulary, bolded headings, formulas, etc. Read summary questions after each section.

# 2 Attend

## **Participate in class** (discussions, clicker questions, asking for clarification, etc.)

Get there early and reduce distractions.

## **Take meaningful notes**

Use the method that works for you (by hand, computer, outline, etc.). Paraphrase information, connect main ideas, and avoid copying slides word for word.

## **Focus** on the relationships between ideas or concepts by asking “how” and “why” questions.

# 3 Review

## **Review your notes** from class within 24 hours.

Fill in any gaps you missed during class to complete your notes.

## **Annotate your notes** to prioritize what needs to be focused on most during study time.

Use a system such as color coding, symbols, notations, etc. Note important concepts, key terms, processes or cycles, and mastered concepts. Identify murky concepts and questions to take to office hours, tutoring, or SI. Some examples of annotations that can be used are a circled question mark for murky concepts, a star for something important, underlines or highlights for key terms, a check mark for a mastered concept, and three arrows forming a circle to represent a process or cycle.

# 4 Study: FSS

Use a variety of study methods to find the one that works best for your class.

## **Plan**

Set a study goal based on class assignments and learning objectives. Make goals realistic based on your personal needs, attention span, and time constraints.

Set up environment. Gather necessary supplies, remove distractions (phone, video games, etc.), and select a study area (desk, study room, etc.).

## **Study**

Start by building an understanding of basic concepts to establish a good foundation for your learning. Read purposefully. Chunk texts into more manageable sections and read aloud to keep focused. Mark, take notes, or summarize key terms, important concepts, and processes/cycles, etc.

Next, actively engage with the material to deepen your knowledge and achieve higher levels of learning. Make connections. Use textbook & other resources to clarify any murky concepts and elaborate on your notes. Look for concepts that are emphasized or overlap. Create a concept map to illustrate relationships between ideas, information, and concepts. Learn concepts, then practice for independence.

Next, practice. Rework example problems or answer textbook questions. Complete class assignments/homework. Rework until no resources are needed (notes, textbook, etc.). Use or create a study guide.

## **Break**

Stretch, eat a snack, or go for a short walk. This is NOT the time to check your phone.

## **Recap**

Did I meet my goal? Did I master the material? Do I need to spend more time on these concepts?

## **Choose Next Steps**

Do you need a break? Should you keep studying? Should you switch subjects?

# 5 Check

## **Test yourself** in test-like conditions (time limit, no hints or help, location, etc.)

Create or take a practice test. Put materials away and teach concepts to a classmate or roommate, study group, voice recording, etc. to identify learning gaps.

## **Are my study methods effective?**

How did you prepare for the test? How well did your strategies work? Is there something you should do differently?

During the test, did you feel you were prepared? Did you get the grade you expected? How can you improve for your next exam?

Additional Info

For more information, visit the Center of Academic Success in B-31 Coates Hall, call (225)578-2872, or visit [lsu.edu/cas](https://lsu.edu/cas/).