The Study Cycle

Prepare for Success
- Plan your study time with a calendar
- Learn how and when you study best and what environments help you to be productive
- Look over old tests to learn from mistakes

Preview
- Use your syllabus to know what readings and lecture notes will be relevant for studying
- Scan chapters before reading by looking at chapter headings, keywords, diagrams, and intros/conclusions
- Write down any questions you will need to answer

Read/Take Notes
- Read and take notes actively
- Find answers to your questions
- Use a successful note-taking system (Cornell Note Taking)
- Notice similarities in lectures and assigned readings and work to understand the big picture

Review
- Identify where you had gaps or misunderstandings in the material and seek out resources for help such as your professor, TA, classmates, or tutor
- Go through your notes and summarize the main ideas into your own words

Organize
- Organize your lecture notes and notes from your text into different formats that help you better grasp the information such as outlines, charts, concept maps, flashcards, timelines, etc.
- Work at connecting points to show relationships within the material, similarities or differences, chronologies, hierarchies, or cause and effect

Self-Test
- Create practice problems or questions to test yourself on the material
- Increase your memorization with repetition
- Discuss your questions with a partner or a group and try to teach each other about specific portions of the material
- Try to apply the material being tested to real-world situations

Test
- Arrive to the testing room early with all testing materials to reduce any test anxiety
- Use appropriate test-taking strategies based on the format of the test
- Relax and remember all that you studied and let your hard work pay off!