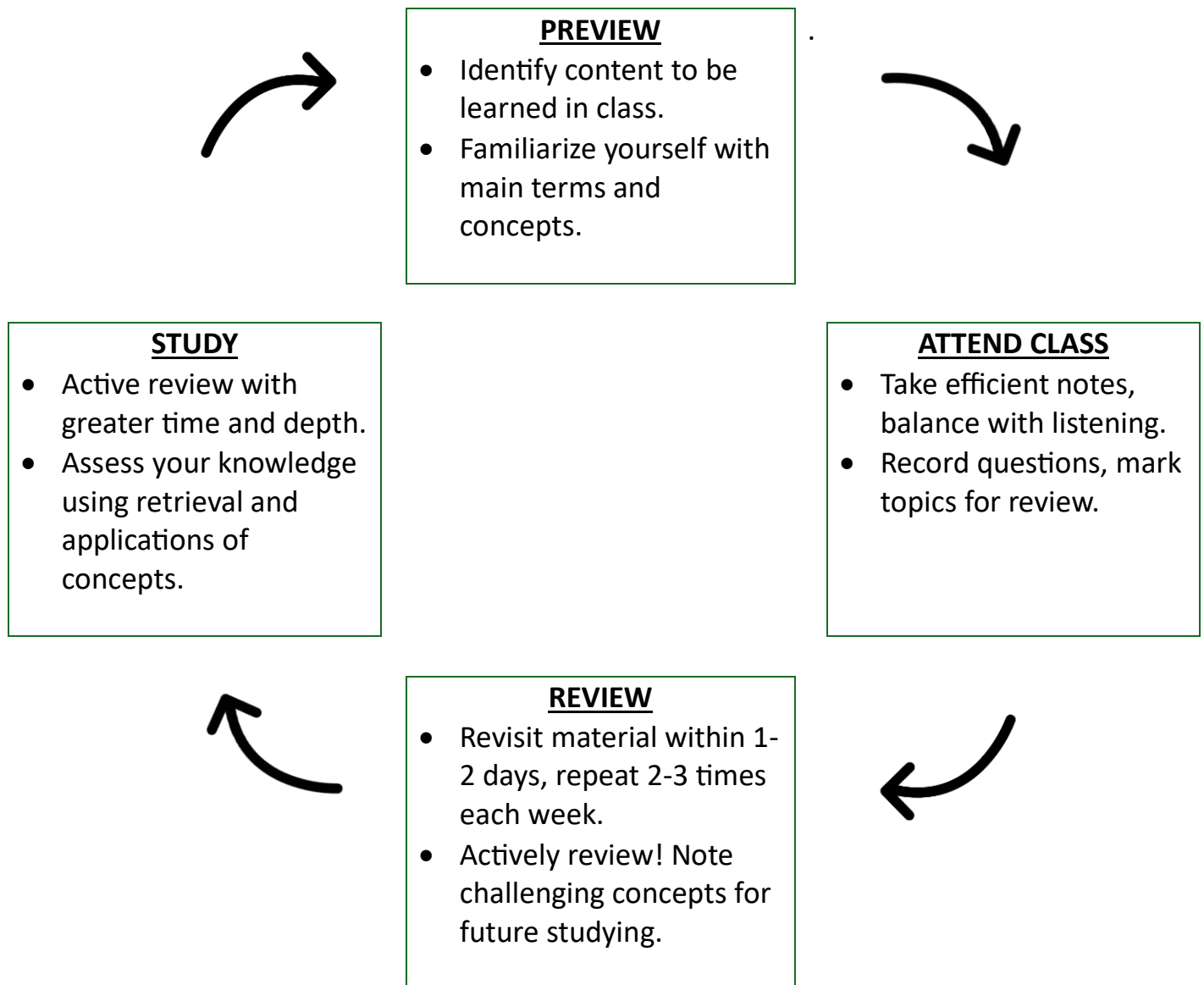




The Study Cycle: Advice on How to Avoid Cramming

Undergraduate Tutoring Center | University of Vermont

STUDY CYCLE AT A GLANCE



For more in-depth tips and suggestions, review the other side of this handout.



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1) PREVIEW (15 minutes, 2-3 times/week)

- A. Review the course schedule for chapters or concepts that will be covered in class that day.
- B. Preview the material that will be covered. Skim textbook chapters for main concepts, familiarize yourself with bolded terms, and view your instructor's posted notes or PowerPoints if they're available.
- C. Seeing terms or concepts beforehand can help you stay present and focused while in class!

2) ATTEND CLASS

- A. Be present and as alert as possible.
- B. Take notes efficiently: Information available on shared PowerPoints don't need to be copied directly into your notes. Focus on a professor's spoken words, not only what is written
- C. Leave room in the margins and bottom for corrections, questions, and summaries. This allows you to re-purpose your notes as a study tool.
- D. Ask questions when clarification is needed – you are likely not the only person with that question.
- E. Mark any unanswered questions for review during office hours, study groups, and/or tutoring.

3) REVIEW (20 minutes, 2-3 times/week)

- A. Revisit content within 1-2 days of class. Review your notes, provided slides, and any other content from the lecture.
- B. Plan to actively review, rather than re-read. Summarize concepts in notes, make and practice flashcards, complete practice problems, and discuss content with a study group.
- C. As you review, identify which concepts or problems are most challenging. Use this list to prioritize studying for exams.

4) STUDY (1 hour, at the start or end of each week)

- A. Collect summaries, question lists, flashcards, notes, and other materials from the past week. Spend the hour evaluating your knowledge. What do you know, and what do you need to review further?
- B. To actively review: practice flashcards, explain concepts out loud from memory, complete practice problems, answer concept questions at the end of chapters, brainstorm potential exam questions, etc.
- C. When possible, meet with classmates to study together and test each other's knowledge!