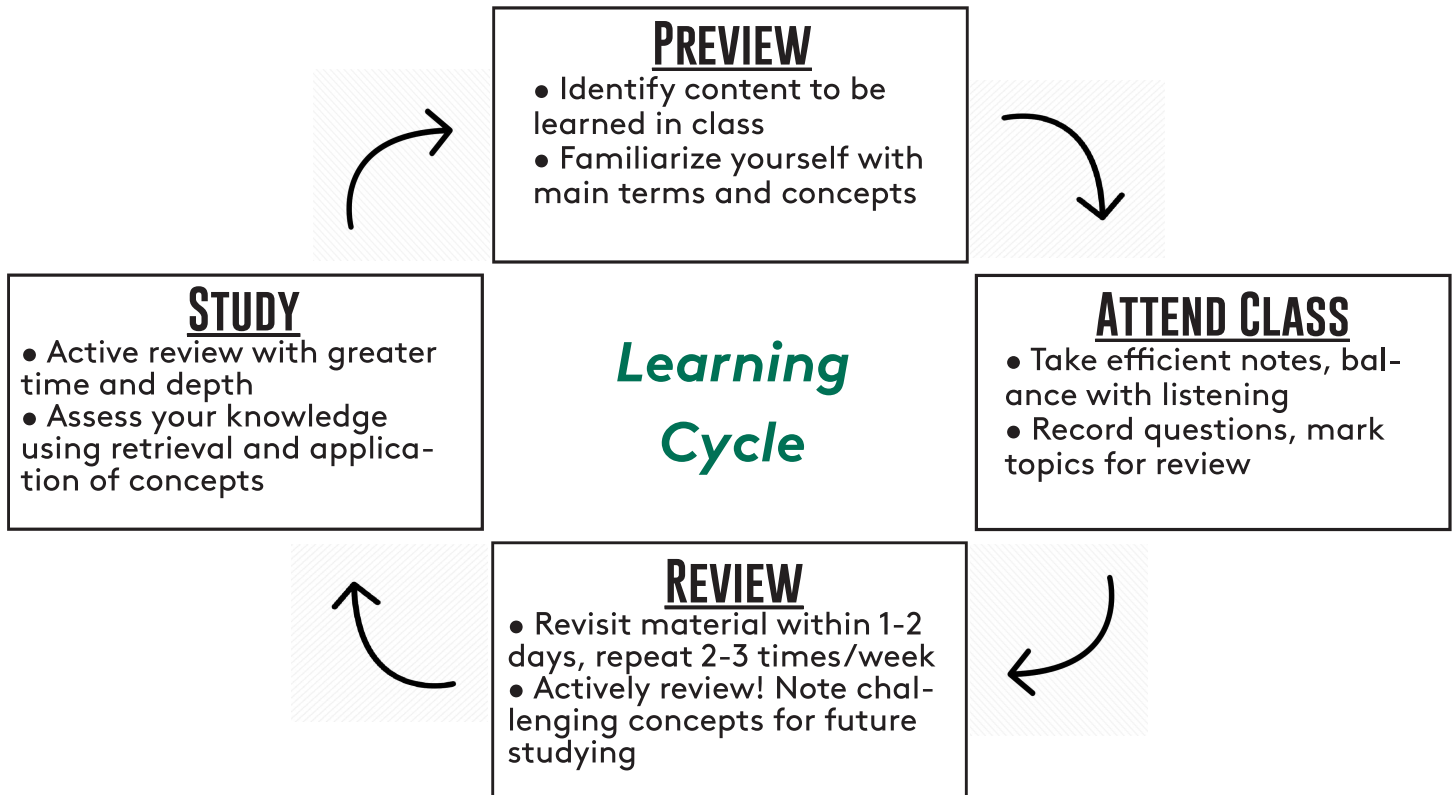


# STUDY CYCLE

Advice for how to avoid cramming



## 1. PREVIEW (~15 MINUTES 2-3 TIMES/WEEK)

- See course schedule for chapters/concepts to be covered in class today
- Preview this material
- Ex: skim textbook chapter for main concepts, familiarize yourself with bolded terms, view professor's posted notes/powerpoints if available
  - Just seeing terms or concepts beforehand can help to keep you present while in class!

## 2. ATTEND CLASS

- Be present and as alert as possible
- Take notes efficiently: info available on shared Powerpoints doesn't need to be re-copied! Focus on professor's spoken words as well.
- Leave room in the margins and bottom for corrections/questions/summaries. Allows you to re-purpose notes as a study tool.
- Ask questions when clarification is needed--you're not the only one confused!
- Mark any unanswered questions for review during office hours, study groups, and/or tutoring.

## 3. REVIEW (~20 MINUTES 2-3 TIMES/WEEK)

- Revisit content within 1-2 days of class. See notes, Powerpoints, etc.
- Actively review (re-reading is not enough!)
  - Ex: Summarize concepts in notes, make and practice flashcards, complete practice problems, discuss content w/classmate
- As you go, make note of which concepts or problems are most challenging. Use to prioritize for studying.

## 4. STUDY (~1 HOUR AT BEGINNING/END OF WEEK)

- Collect summaries/questions/flashcards, etc. from past week. Spend the hour evaluating your knowledge. What do you know/not know?
- 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.
- When possible, meet with classmates to study together. Test each other's knowledge!