STUDY CYCLE
Advice for how to avoid cramming

PREVIEW
- Identify content to be learned in class
- Familiarize yourself with main terms and concepts

STUDY
- Active review with greater time and depth
- Assess your knowledge using retrieval and application of concepts

Learning Cycle

ATTEND CLASS
- Take efficient notes, balance with listening
- Record questions, mark topics for review

REVIEW
- Revisit material within 1-2 days, repeat 2-3 times/week
- Actively review! Note challenging concepts for future studying

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!