THE STUDY CYCLE

Use the Study Cycle to get the most out of in-class time and structure your out-of-class time.

ATTEND
Go to class! Take notes. Ask questions.

PREVIEW
Skim new material. Note main ideas. Form big picture.

START

THE STUDY CYCLE

REVIEW
Read notes. Fill in gaps. Form questions.

STUDY
Complete multiple Focused Study Sessions before class meets again.

CHECK
Can I teach this? Are my study methods effective?

CHOOSE
Set a specific goal.

STUDY
Use effective study strategies to deeply engage with the material by using concept maps, read for comprehension, work problems and more. Remember to think critically by asking: Why? How? What If?

BREAK
Step away. Clear your mind.

RECAP
Summarize. Wrap-up.

CHECK
Continue studying? Take a longer break? Change tasks or subjects?

FOCUSED STUDY SESSION
Schedule as many study sessions as needed to master the material.

PLAN
Set a specific goal.

1 - 2 minutes

STUDY
Use effective study strategies to deeply engage with the material by using concept maps, read for comprehension, work problems and more. Remember to think critically by asking: Why? How? What If?

30 - 50 minutes

BREAK
Step away. Clear your mind.

5 - 10 minutes

RECAP
Summarize. Wrap-up.

5 minutes

CHECK
Continue studying? Take a longer break? Change tasks or subjects?

Adapted from Frank Christ’s PLRS system.

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