The Center for Academic Success is a certified national Learning Center of Excellence and the central learning center at LSU. CAS provides a cognitive-science based approach to student assistance and personalized success strategies.

SHELL TUTORIAL CENTER, 141 Middleton Library
9:30 a.m. - 7:00 p.m. Monday - Thursday
9:30 a.m. - 3:00 p.m. Friday
Find walk-in tutoring in math, biology, physics, chemistry, accounting, select foreign languages, economics, and other courses, as well as computers for independent use. CAS also sponsors access to online tutoring and a tutor-for-hire matching service.

SUPPLEMENTAL INSTRUCTION (SI)
CAS offers peer-led, weekly group study for select historically difficult courses. Master course concepts, develop test-taking skills, and learn more efficient study strategies. Find more information at lsu.edu/si.

ACADEMIC COACHING
An academic coach can help you focus, prepare and succeed, with resources on test prep, time management, note-taking, overcoming test anxiety, college reading strategies, concept maps, and study techniques. Schedule at lsu.edu/cas.

PRESENTATIONS BY REQUEST
Student organizations and faculty can request a group presentation on topics from test prep and time management to techniques for a specific type of course. Request a presentation at lsu.edu/cas.

PLAN FOR FOCUSED STUDY SESSIONS
Decide what you will accomplish in your study session and get started.

GO TO CLASS!
Take notes.
Ask questions.
Go to class!
Take notes.
Ask questions.

FOCUSED STUDY SESSIONS
Set up your focused study sessions per class each week.

30-50 minutes
10-15 minutes

THE STUDY CYCLE
START
PREVIEW
• Before class
• Review material
• Note key ideas
6-10 minutes

CHECK
• Can I teach this material to someone?
• Am my study methods effective?

ATTEND
• Go to class
• Take notes
• Ask questions
10-15 minutes

REVIEW
• Final review
• Key points
• Develop questions
6-10 minutes

BREAK
Step away from material to clear your head.
(Suggested time: 5 - 10 minutes)

MANAGE YOUR ENERGY
Use your study hours wisely. This is typically the most productive time for learning.

PLAN
Decide what you will accomplish in your study session and get started.
(Suggested time: 1 - 2 minutes)

STUDY
Interact with material: organize, concept map, summarize, process, re-read.
(Suggested time: 30 - 50 minutes)

BREAK
Step away from material to clear your head.
(Suggested time: 5 - 10 minutes)

RECAP
Go back over, summarize, wrap-up and check what you studied.
(Suggested time: 5 minutes)

CHOOSE?
• Should I continue studying?
• Should I take a break?
• Should I change tasks or subject?

For more information on how to use the Study Cycle, visit tinyurl.com/CASStudyCycle

The Study Cycle is adapted from Frank Chaffin’s PJJ system.
©2015 Louisiana State University, Center for Academic Success

If you would like to request a presentation on a topic, visit the CAS website at lsu.edu/cas.