The Study Cycle

Use the Study Cycle to improve your study techniques and ability to remember information. To learn more about how the study cycle works, visit https://youtu.be/6vEWBnIqxcg

Focused Study Sessions

Focused Study Sessions (FSSs) work with the way your brain learns best: in short, focused increments. Schedule several focused study sessions per class each week.

START

PREVIEW
- Before class, skim new material.
- Note big ideas.
5-15 minutes

CHECK
- Can I teach this material to someone?
- Are my study methods effective?

THE STUDY CYCLE

ATTEND
- Go to class!
- Take notes.
- Ask questions.

STUDY
Schedule several focused study sessions per class each week.
30-50 minutes

REVIEW
- Read notes.
- Fill in gaps.
- Develop questions.
10-15 minutes

THE STUDY CYCLE

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

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

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, read, work problems.
(Suggested time: 30 - 50 minutes)

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

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