**The Study Cycle**

- **Preview**
  - *Preview before class* – Skim the chapter, note headings and boldface words, review summaries and chapter objectives, and note questions you would like answered in class.

- **Attend**
  - *Attend class* – GO TO CLASS! Ask questions and take meaningful notes.

- **Review**
  - *Review after class* – Within 24 hours, read notes, fill in gaps and note any questions.

- **Study**
  - *Study* – Repetition is the key. Ask questions such as ‘why’, ‘how’, and ‘what if’.
    - Intense Study Sessions* – 3-5 short study sessions per day
    - Weekend Review – Read notes and material from the week to make connections

- **Assess**
  - *Assess your Learning* – Periodically perform reality checks
    - Am I using study methods that are effective?
    - Do I understand the material enough to teach it to others?

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### *Intense Study Sessions*

<table>
<thead>
<tr>
<th>Step</th>
<th>Time (min)</th>
<th>Activity</th>
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<tr>
<td>1</td>
<td>1-2</td>
<td>Set a Goal</td>
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<tr>
<td>2</td>
<td>30-50</td>
<td>Study with Focus</td>
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<td>3</td>
<td>10-15</td>
<td>Reward Yourself</td>
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<td>4</td>
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<td>Review</td>
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*Intense Study Sessions*