The Study Cycle

Preview

(Prep for Lecture)

-Identify learning objectives

-Skim chapters for keywords, headlines, and chapter summaries

-Formulate questions for lecture

Attend

(Attend Lecture)

-Use effective note taking strategy to take meaningful notes

-Answer and ask questions

-Leave space in your notes to add material later

Review

-Read notes and fill in the gaps

-Make connections: Link new learning with old learning

-Summarize learning in a few sentences

-Note questions and use resources such as Professors, TAs, peers, textbook, academic support

Study

-Develop concept maps, tables, diagrams etc.

-Use practice problems to test knowledge

-Explain ideas out loud

-Teach someone else

Assess

-Ask Yourself:

"Am I using study methods that are effective?"

"Do I understand the material enough to teach it to someone else?

-Review practice problems to test knowledge acquisition

TEST

Review and analyze tests and learn from results. What worked best? What did not? Meet with academic support early and often

Adapted from Duke Academic Resource Center Study Cycle.
Available from [The Study Cycle | Duke Academic Resource Center]