# The Study Cycle

The Study Cycle is a method that helps to introduce and reinforce new concepts to students. Utilizing this method allows students to study over an extended period of time, which in turn builds their confidence and long-term comprehension of the material they learn.

# Attend

Participate in class and interact with course materials by asking intentional questions and taking notes.

01

#### Review

02

Review your notes within 24 hours of class. Fill in any gaps you have. Make sure to follow up with your professor if anything

#### Preview

Skim material before class. Be on the lookout for any **bolded** or <u>underlined</u> terms, important summaries, and questions on topics that you would like answered.

# 05

### Cheek-in

Are these methods working? Do I know the material enough to teach it to others?





04

is unclear!

## Study

03

Repetition is key. Ask yourself "why," "how," and "what if." Study 3-5 short sessions a day and briefly review over the weekend

