## The Study Cycle

Reflect

- Analyze your returned test.
- Determine what worked & what
- Manage your time with improved study schedule for the next test
- If concerned, talk to your professor

**Preview** 

- Before class, skim material.
- Scan introduction, chapter headings, keywords, diagrams, and summary.
- Formulate questions you want to



Test

- Arrive early and with all necessary materials to reduce anxiety.
- Think clearly & demonstrate what you have learned
- Use test-taking strategies

**Attend** 

- Listen/ actively read; find answers to your questions.
- Take notes during lectures.
- Mark unclear concepts & topics to review.
- Connect readings to lecture.

- Schedule several focused study session each week.
- Explain ideas out loud.
- Write & answer practice questions.
- Formulate a study group.

Review

- Clarify unclear concepts with textbooks, professor, or another student.
- Summarize main ideas.
- Create flashcards, charts, diagrams, timelines, etc.



