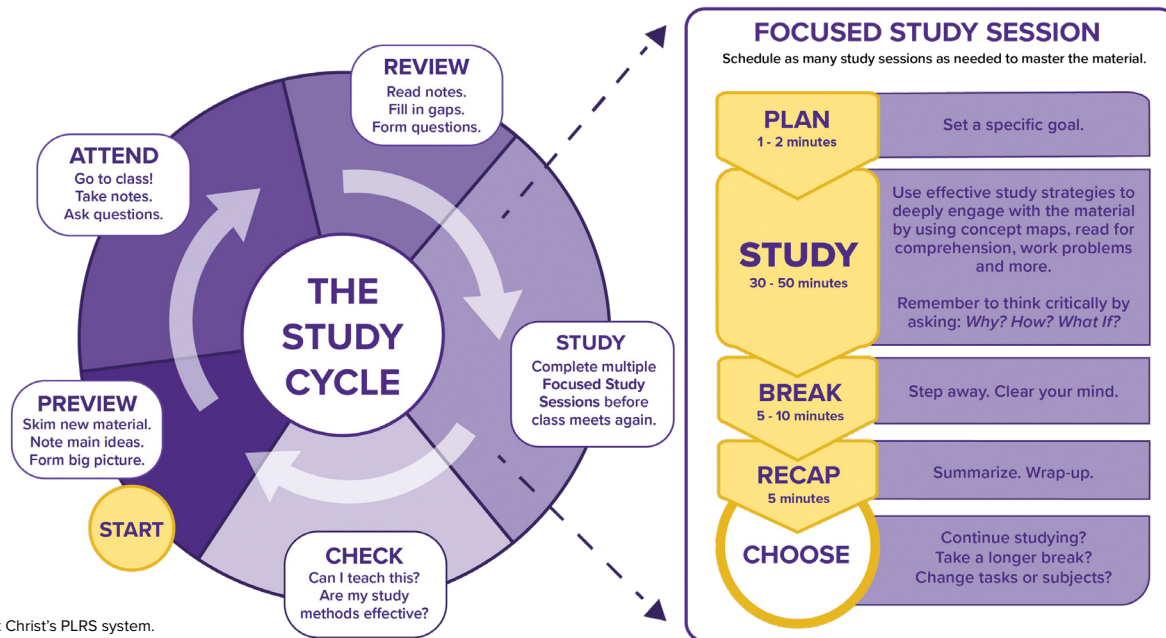


# The Study Cycle

Use this Study Cycle to improve recall, help organize your studying, and prepare you for your next class.



Adapted from Frank Christ's PLRS system.

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## 1 Preview

### PowerPoint & Professor Notes

- Print/Review for main ideas and new concepts.
- Check Moodle (syllabus) for upcoming class topics.

### Textbook

- Review learning objectives for topics that will be covered in class.
- Skim chapter for pictures, graphs, key vocabulary, bolded headings, formulas, etc.
- Read summary questions after each section.

## 2 Attend

**Participate in Class** (discussions, clicker questions, asking for clarification, etc.).

- Get there early.
- Reduce distractions.

### Take Meaningful Notes

- Use the method that works for you (by hand, computer, outline, etc.).
- Paraphrase information.
- Connect main ideas.
- Avoid copying slides word for word.

**Focus** on the relationships between ideas or concepts by asking “how” & “why” questions.

## 3 Review

**Review your notes** from class within 24 hours. Fill in any gaps you missed during class to complete your notes.

**Annotate your notes** to prioritize what needs to be focused on most during study time.

- Use a system such as color coding, symbols, notations, etc.
- Note important concepts, key terms, processes or cycles, & mastered concepts.
- Identify murky concepts and questions to take to office hours, tutoring, or SI.

?	Murky Concept
★	Important Concept
—	Key Term
🔄	Process / Cycle
✓	Mastered Concept

## 4 Study: FSS

Use a variety of study methods to find the one that works best for your class.

### Plan

- Set a study goal based on class assignments and learning objectives.
- Make goals realistic based on your personal needs, attention span, & time constraints.
- Set up environment.
  - Gather necessary supplies.
  - Remove distractions (phone, video games, etc.).
  - Select a study area (desk, study room, etc.).

### Study

Start by building an understanding of basic concepts to establish a good foundation for your learning.

- Read Purposefully.
  - Chunk texts into more manageable sections.
  - Read aloud to keep focused.
  - Mark, take notes, or summarize key terms, important concepts, and processes/cycles, etc.

Next, actively engage with the material to deepen your knowledge and achieve higher levels of learning.

- Make Connections.
  - Use textbook & other resources to clarify any murky concepts and elaborate on your notes.
  - Look for concepts that are emphasized or overlap.
  - Create a concept map to illustrate relationships between ideas, information, and concepts.
  - Learn concepts, then practice for independence.
- Practice.
  - Rework example problems or answer textbook questions.
  - Complete class assignments/homework.
  - Rework until no resources are needed (notes, textbook, etc.).
  - Use or create study guide.

### Break

- Stretch, eat a snack, go for a short walk.
- This is NOT the time to check your phone.

### Recap

- Did I meet my goal?
- Did I master the material?
- Do I need to spend more time on these concepts?

### Choose Next Steps

- Do you need a break?
- Should you keep studying?
- Should you switch subjects?

## 5 Check

**Test yourself** in test-like conditions (time limit, no hints/help, location, etc.).

- Create or take a practice test.
- Put materials away & teach concepts to a classmate or roommate, study group, voice recording, etc. to identify learning gaps.

**Are my study methods effective?**

- How did you prepare for the test?
  - How well did your strategies work?
  - Is there something you should do differently?
- During the test, did you feel you were prepared?
- Did you get the grade you expected?
- How can you improve for your next exam?