

# The Study Cycle

### **Preview (Before Class)**

- •10-15 minutes
- •Skim new material.
- •Note big ideas & questions.
  - •Get a growth mindset!

#### **Test**

- •Are my study methods effective?
- •Rate how well you know the material.
- •Can I teach this material to someone else?

## **Attend (During Class)**

- •Go to class! You have to be in the room where it happens!
  - •Take metacognitive notes.
    - •Ask questions!

# Study

- •30-50 minutes
- •Schedule several *focused study sessions* per week. (See next slide.)

# **Review (After Class)**

- •10-15 minutes
- •Fill in any gaps.
- •Develop questions!

<sup>\*</sup>Adapted from Frank Christ's PLRS system. 2015 LSU, Center for Academic Success