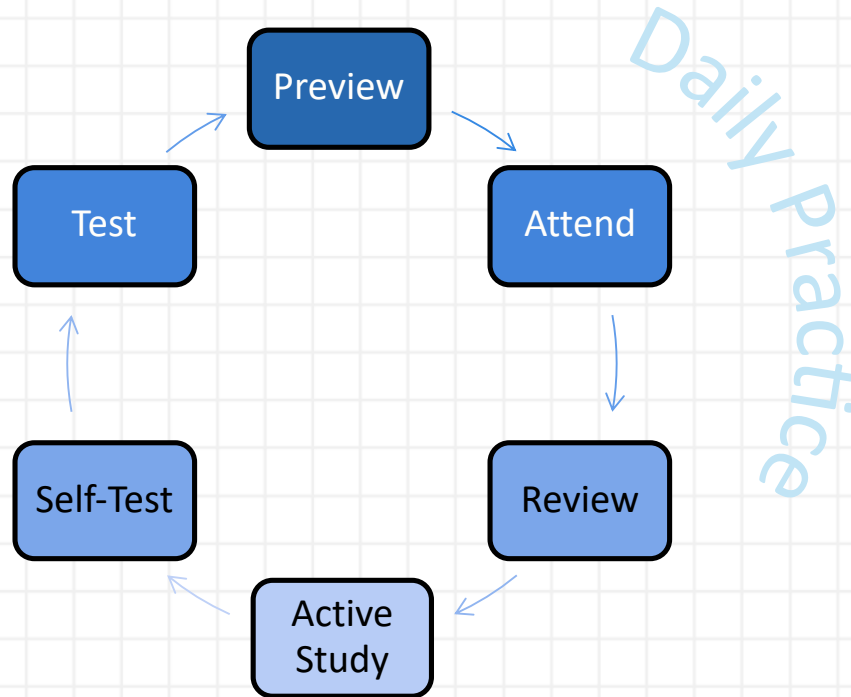


The Study Cycle

Name: _____

The Study Cycle is a framework that distributes your learning throughout the term. This routine provides two major benefits: making studying more manageable; and maximizing information retention by preventing cramming. The Study Cycle promotes efficient *and* effective practice. How can you consistently implement the Study Cycle?



Preview

What are the topics and big ideas that will be covered in class?

- Identify lesson objectives
- Look over PowerPoints
- Complete pre-readings
- Watch videos on the topic

Attend

How can you maximize your time in class? How can you increase focus and understanding?

- Come prepared with questions from the Preview
- Have a note-taking system

Review

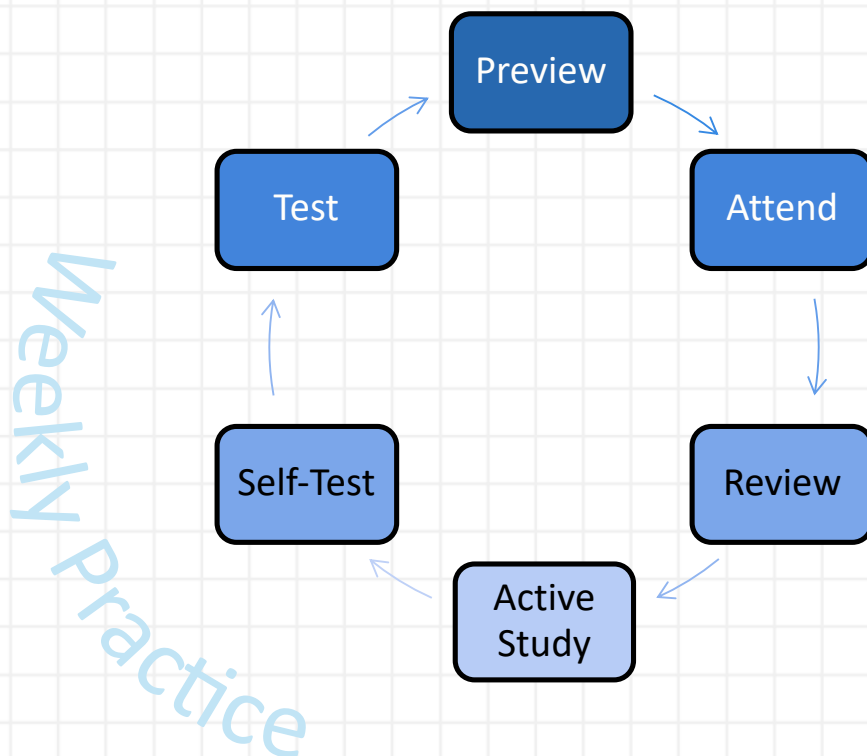
What did you learn? Do you have any remaining questions?

- Combine notes from all sources directly after class
- Create a plan to address questions

How will you implement the three daily steps of the Study Cycle? How do they work together?

The Study Cycle

Name: _____



Active Study

How can you deeply engage with the material? Move past memorization!

- Keywords: apply, analyze, evaluate, create
- *Check out the Active Study Tools handout for ideas!*

What are active study strategies that you can use for your classes?

Self-Test

Regularly test your knowledge throughout the term. Use the information to plan next steps.

- Complete practice sets/tests independently
- Attend tutoring or form a study group

How will you self-test and distribute your practice throughout the term?

Test

Use the test as a checkpoint of your understanding.

- *Use the 5- or 8- Day Study Plan to test prep!*
- *Complete the Post-Test Analysis to understand your results*

What is your test prep strategy? How will you adjust based on data?