

The Study Cycle

The Path to Improving Study Techniques



PREVIEW: Before class, skim the material to be discussed and develop questions.

ATTEND: GO TO CLASS! Ask questions and take meaningful notes.

REVIEW: Within 24 hours, review notes, fill in gaps, develop questions that need answering.

STUDY: Use Intense Study Sessions daily and review all your notes on weekends.

ASSESS: Try to teach material or work problems without your notes to check understanding.

➔ Intense Study Sessions

Set Goal	1-2 min.	Decide what you will accomplish in your study session
Study	30-50 min.	Interact with material-organize, concept map, summarize, process, re-read
Reward	5-10 min.	Take a break: walk around, get a snack, relax.
Review	5 min.	Go back over, summarize, wrap-up what you studied.

Intense study sessions (ISSs) are designed to work with the way your brain learns best: in short, focused increments.

Schedule 3-5 ISSs per day in order to keep up with and learn more effectively in your courses.

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