



We often think of studying as something we do right before a test. However, the study cycle should take place on an ongoing basis throughout the academic term for each course. Follow these steps to create healthy study habits and improve learning.

1 PREVIEW

- Read your assigned readings and take notes on big ideas
- Make note of questions you'd like answered in class

2 ATTEND

- Go to class - stay engaged by taking notes
- Ask questions and participate



3 REVIEW

- Review your class notes within 24 hours of taking them*
- Make note of questions you still have and get them answered (office hours are your friend!)

*Did you know you will forget 50-70% of the information introduced in class if it's not reviewed in the first 24 hours? Look up the Forgetting Curve!

THE STUDY CYCLE

5 ASSESS

- Test yourself on the material:
 - Can you explain it without your notes?
 - Are there concepts you still need clarity on?
- Adjust your intensive study sessions based on your answers to these questions

4 STUDY

- Schedule multiple intensive study sessions throughout the week, aiming for 30-60 mins each
- See our study options resource for examples of active study techniques

