

**FUN-DAMENTALS**  
**STUDY CYCLE\***

**PREPARE FOR SUCCESS**

**Know yourself:** study when and where you are most alert.

See our [Evaluate Your Study Places](#)

**Plan your time** with a schedule and calendar

See our [Weekly Calendar & Term at a Glance](#)

**TEST**

**Arrive early** with all necessary materials.

**Use appropriate test-taking strategies;** e.g., for multiple choice questions, cover answers and generate your own response.

**Analyze** returned tests.

See our [Test Autopsy](#)

**SELF-TEST**

**Create possible test questions,** keeping in mind different levels of learning. e.g., do practice problems, put ideas into your own words, apply your knowledge to real-world situations. See "Levels of Learning"

**Trade and discuss** your questions with a partner and/or a group.

**CREATE**

**Organize your information** into different formats: outlines, charts, diagrams, flashcards, timelines, flowcharts.

**Use structures** that show relationships within/between material: similarities, differences, comparisons, hierarchies, chronologies.

**A STRATEGIC APPROACH TO LEARNING**

**Distribute practice**

Spend 2-3 hours studying outside of class for every hour in class—but spread your studying out over time with shorter, more frequent sessions. Try to avoid study marathons!

**Balance input/output**

How are you taking in information (by listening to lecture, reading)? Balance these activities with opportunities to produce the content you're learning (by writing, speaking, drawing). That will give you practice for the actual test.

**PREVIEW**

**Identify** relevant text or notes.

**Scan** chapter headings, keywords and diagrams; read chapter intro/summary.

**Formulate** questions you want to answer.

**ATTEND CLASS, READ**

**Listen or read actively;** find answers to your questions.

**Consider** a note-taking system.

See our [Sample Note-Taking Styles](#)

**Synthesize** lecture and reading material.

**REVIEW**

**Fill in gaps** and correct misunderstandings; resources include your TA, professor, other students, text.

**Put main ideas** of lectures and readings into your own words.

**\*ADAPTED** from the Sanger Learning & Career Center, [The Study Cycle: study smart, not hard](#)



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# STUDY CYCLE\*

## FUN-DAMENTALS

PREPARE FOR SUCCESS

PREVIEW

### A STRATEGIC APPROACH TO LEARNING

#### Distribute practice

Days to study: \_\_\_\_\_

Hours to study: \_\_\_\_\_

Decide what you'll achieve in each session  
Be sure to bring all you need.

#### Balance input/output

How are you taking in information (by listening to lecture, reading)? Balance these activities with opportunities to produce the content you're learning (by writing, speaking, drawing). That will give you practice for the actual test.

ATTEND CLASS, READ

REVIEW

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TEST

SELF-TEST



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LEARN  
TO LEARN

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