Lecture
- ATTEND CLASS!
- Be ready to learn: make sure you are awake, maintain good posture, keep track of the speaker (instructor or classmate)
- Listen actively: take notes and ask questions (out loud or in your notes), participate in the discussion

Preview
- Anticipate the lecture
- Skim textbook chapters/readings
- Make note of relevant learning outcomes
- Develop a set of questions: what would you like to know by the time you walk out of class?

Review
- Read over your notes, alone or with a partner
- Clarify, fill in missed information, continue to discuss and question
- Summarize overarching themes and “big ideas”
- Utilize your resources: readings, professor/TA office hours, videos, etc.

Study
- Study with intense focus - no phone, no friends, no flicks - in short bursts*
- Use spaced practice: studying a topic for 1 hour each weekday is more effective than studying the same topic for 4-5 hours on a Saturday
- Actively engage with the content: diagram, organize into charts/tables, complete practice problems, annotate text, create study sheets, test yourself

Checkpoint:
How well do I understand the material? Try teaching it to someone else to find out!

*45 mins study + 15 min break or 25 mins study + 5 min break

The Study Cycle

Adapted from Frank Christ’s PLRS system

This step should be done as soon as possible after the lecture!