

THE STUDY CYCLE

Before Class

- Use your syllabus/course calendar to see what will be covered in the next class
- Take 10-15 minutes to look over chapter headings, keywords and chapter summary
- Formulate questions you want to ask during class

In Class

- Use an effective note taking technique
- Listen for and find answers to your questions
- Leave space in your notes to add materials/thoughts later

After Class

- Read notes and textbook to fill in any gaps in knowledge
- Summarize what you learned in a few sentences
- Clarify any questions you still have using SHU resources
- Link new information learned to previous lessons

Study

- Develop concept maps, charts, tables or diagrams
- Practice problems
- Explain concepts aloud
- Apply your knowledge to problem-solving or real-world situations

Test

- Arrive early
- Do an overview of the test
- Read directions carefully
- Keep track of your time
- Practice relaxation techniques

