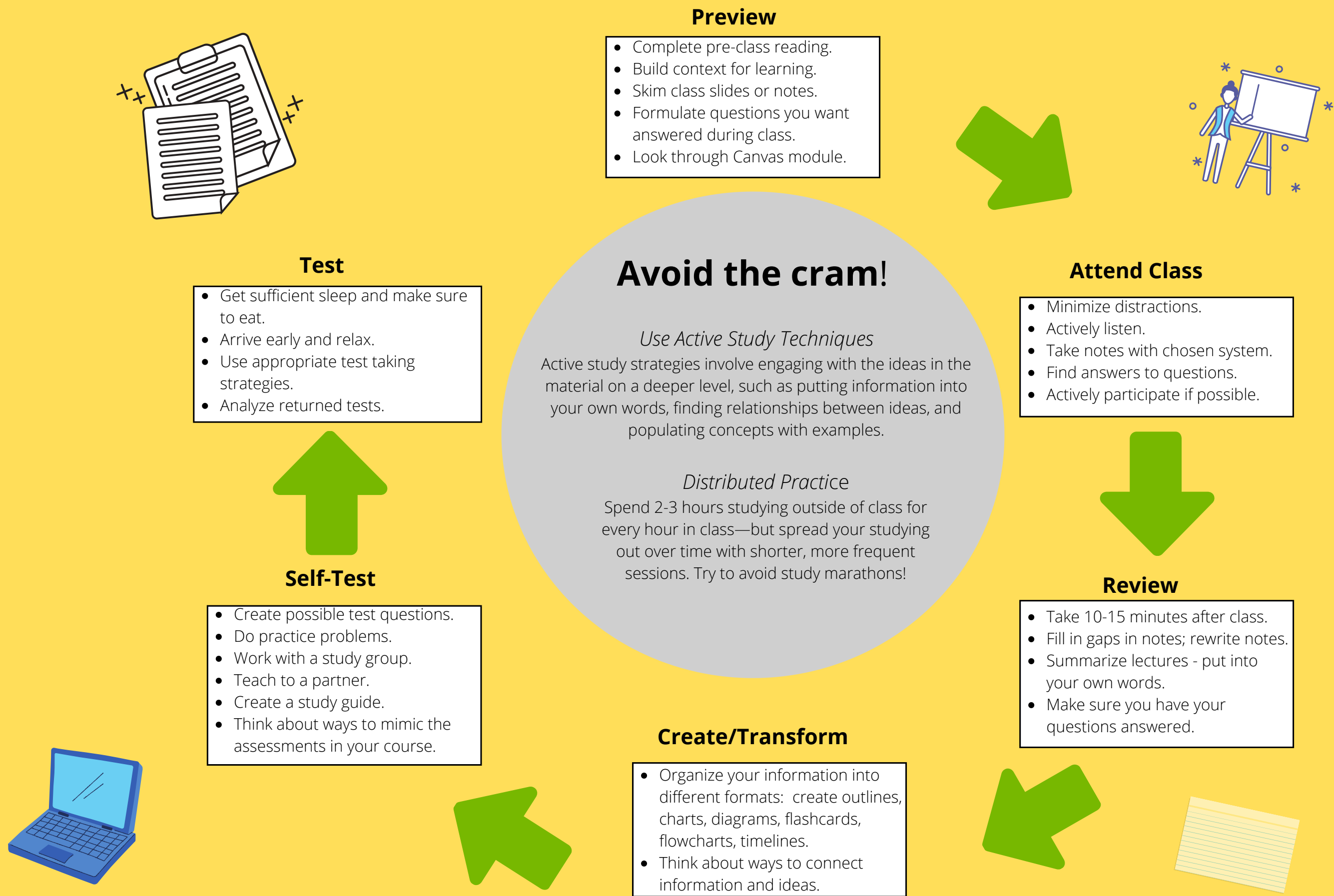


Study Cycle



What is it?

The study cycle is a multi-step approach to learning designed to help students become more efficient learners. It works the way your brain learns best. It reinforces new content and builds confidence. The study cycle can be easily adapted to any coursework.

Prepare for Success:

- Create your study schedule and plan with this cycle in mind.
- Think about when you are most focused and awake when planning study sessions.
- Evaluate your study space and choose a location that minimizes distractions.

Adapted from:

The Study Cycle: LSU Center for Academic Success Davis, K., Center for Academic Success, Furman University

The Study Cycle: OSU Academic Success Center