

Test

- Get sufficient sleep and make sure to eat.
- Arrive early and relax.
- Use appropriate test taking strategies.
- Analyze returned tests.



Self-Test

- Create possible test questions.
- Do practice problems.
- Work with a study group.
- Teach to a partner.
- Create a study guide.
- Think about ways to mimic the assessments in your course.



Preview

- Complete pre-class reading.
- Build context for learning.
- Skim class slides or notes.
- Formulate questions you want answered during class.
- Look through Canvas module.





Avoid the cram!

Use Active Study Techniques

Active study strategies involve engaging with the ideas in the material on a deeper level, such as putting information into your own words, finding relationships between ideas, and populating concepts with examples.

Distributed 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!

Create/Transform

- Organize your information into different formats: create outlines, charts, diagrams, flashcards, flowcharts, timelines.
- Think about ways to connect information and ideas.

Attend Class

- Minimize distractions.
- Actively listen.
- Take notes with chosen system.
- Find answers to questions.
- Actively participate if possible.



Review

- Take 10-15 minutes after class.
- Fill in gaps in notes; rewrite notes.
- Summarize lectures put into your own words.
- Make sure you have your questions answered.





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:

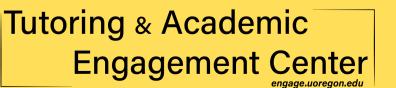
- Create your study schedule and plan with this cycle in mind.
- Think about when you are most focused and awake when planning study sessions.
- Evaluate your study space and choose a location that minimizes distractions.

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







The Tutoring and Academic Engagement Center (TAEC) offers free individualized appointments with Learning Specialists. You can make an appointment via Navigate. Visit our <u>website</u> for more information.

