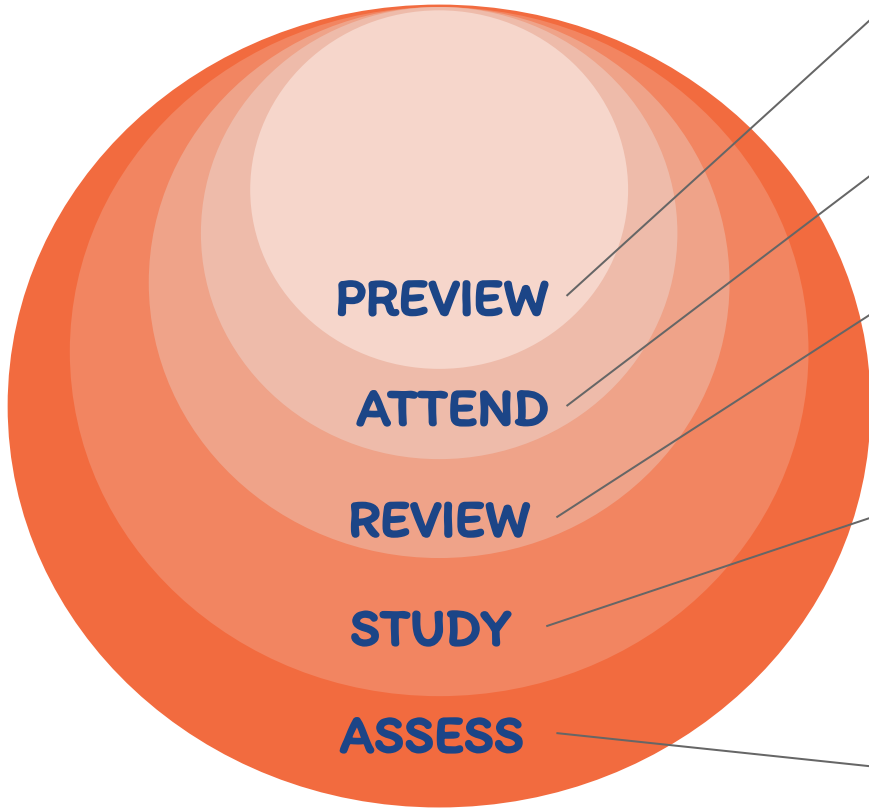


The Study Cycle



Skim the chapter, headings, and boldface words, review summaries and chapter objectives, and come up with questions you'd like the lecture to answer

GO TO CLASS! Answer and ask questions and take meaningful notes.

As soon after class as possible, read notes, fill in gaps and note any questions.

Repetition is the key. Ask questions such as 'why', 'how', and 'what if'.

- Focused Study Sessions: 3-5 short study sessions a day
- Weekend Review – Read notes and material from the week to make connections

Periodically perform reality checks

- Am I using study methods that are effective?
- Do I understand the material enough to teach it to others?