

The Study Cycle & Intense Study Sessions



1. **Preview** material to be covered in class...before class!
2. **Attend** class regularly:
 - a. Listen Actively
 - b. Take Notes
 - c. Participate in Class
3. **Review** and process notes ASAP *after* class.
4. Incorporate **Intense Study Sessions** into your week.
5. **Assess** your learning and study strategies used.

INTENSE STUDY SESSIONS

Time	Task	Strategies
2-5 Minutes	Set 1-2 Specific Study Goals Example: I will read 10 pages and take notes using...	Planning <ul style="list-style-type: none"> • Set goals • Plan how to accomplish the task (choose a learning strategy) • Preview the text
30-50 minutes (During the Task)	Study with Focus to Accomplish Study Goals	Use Specific Study Strategies <ul style="list-style-type: none"> • Note-taking, Reading, Concept Mapping, Summarizing, Flash Cards, etc.
10 minutes (After the Task)	Review what you just studied	Evaluate/Test Your Knowledge <ul style="list-style-type: none"> • Review notes, quiz yourself, recite aloud, practice problems, etc. • Decide how effective the strategy was • Identify changes to make for the next session
10 minutes	Take a Break	Treat Yo' Self! <ul style="list-style-type: none"> • Eat a snack, check social media, take a walk, etc.

Adapted from: Louisiana State University, Center for Academic Success and IUPUI, Bepko Learning Center

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