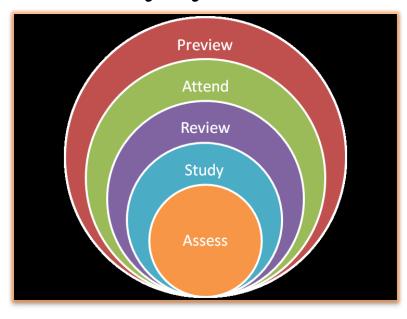
## The Study Cycle & Intense Study Sessions



- 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 <u>Intense Study</u> <u>Sessions</u> 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
30-50 minutes (During the Task)	Study with Focus to Accomplish Study Goals	Use Specific Study Strategies • Note-taking, Reading, Concept Mapping, Summarizing, Flash Cards, etc.
10 minutes (After the Task)	Review what you just studied	<ul> <li>Evaluate/Test Your Knowledge</li> <li>Review notes, quiz yourself, recite aloud, practice problems, etc.</li> <li>Decide how effective the strategy was</li> <li>Identify changes to make for the next session</li> </ul>
10 minutes	Take a Break	Treat Yo' Self! • Eat a snack, check social

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

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media, take a walk, etc.