The study cycle is a multi-step approach to learn efficiently and effectively. It works the way your brain learns best--by building context, developing understanding, and reinforcing new content. The study cycle is general enough to apply to any course but specific enough to provide useful structure to your study plan.

Prepare for Success

- Create your study schedule and plan with this cycle in mind
- Schedule study sessions when you are most focused and awake
- Evaluate your study space(s) and choose a location that minimizes distractions

**Preview: Build Context**
Before Class (~10 min.)

- Skim material from previous class
- Skim new material
- Formulate questions

**Attend Class: Be Active**

- Minimize distractions
- Take notes with chosen system
- Actively listen and participate
- Ask questions

**Focused Study Sessions**
(30-50 min.)

Have at least one study session between classes

1. Choose a concept
2. Study actively\(^1\) (reorganize notes, test yourself, pretend to teach, etc.)
3. Summarize the content you covered

**Review (~10 min.)**

As soon as possible after class:

- Fill in gaps in notes
- Summarize the class
- Generate questions you’ll need to answer

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\(^1\)See [TAEC's Active Studying Tips handout](#).
Looking for more guidance? Make an appointment with a Peer Academic Coach via Navigate.
Adapted from: The Study Cycle: LSU Center for Academic Success; Center for Academic Success, Furman University

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**Additional Information:**