

Study Cycle

What is It?

The study cycle was created by Sandra Yancy McGuire at the LSU Center of Academic Success and helps students become more efficient learners by improving a student's ability to process and retain material in classes. In these five steps students will learn how they can form or better their own methods of studying and succeeding in their classes:

STEP 1-Preview: Preview the material before class.

This allows students to be more prepared by seeing the “big picture” before they begin learning the material in greater depth. It is helpful to read through a text or presentation, noting anything that stands out (bolded or italicized words, graphs, diagrams, formulas, etc.) and write it down for the class. Doing so will make it easier to remember important details that may be discussed in class.

STEP 2-Attend: Going to class is a vital step in ensure that students receive the necessary skills and knowledge they need to succeed. Missing a class prevents student from learning material they may not be able to learn on their own. Students may find setting an alarm or writing course dates and times on a

calendar helpful when juggling multiple classes at once. Preparing for classes is also important so that students can taking more organized notes.

STEP 3-Review: In order for a student to retain the information learned in course, it is important that they review the material taught in the class. Students are advised to take about 10 minutes to study over the notes they took in class.

STEP 4-Study: There are many ways that a student can study the material learned in class. Joining study groups, repeating the information out loud, drawing concept maps and diagrams, watching tutorials, reading the textbook, and solving word problems are just a few ways that a student can choose to study. It is important that students find a method that best suits their way of learning.

STEP 5-Check: Students should evaluate how well they are remember and retaining the material in their classes but also how well their study methods are working for them. Reflecting on how a student is performing in class as well as outside of class will allow for a change in a study method if needed.