THE STUDY CYCLE

We support. You succeed.

IOWA STATE UNIVERSITY
Academic Success Center
OVERVIEW OF SERVICES

Academic Coaching
Psych 131: Academic Skills
Presentations/Workshops
Tutoring Services
Supplemental Instruction (SI)
Acknowledgements

Workshop Adapted from Dr. Saundra Yancy McGuire’s book *Teach Students How to Learn*
VOWEL ACTIVITY
## COUNT THE VOWELS

<table>
<thead>
<tr>
<th>Left Column</th>
<th>Right Column</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dollar Bill</td>
<td>Cat Lives</td>
</tr>
<tr>
<td>Dice</td>
<td>Bowling Pins</td>
</tr>
<tr>
<td>Tricycle</td>
<td>Football Team</td>
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<tr>
<td>Four-leaf Clover</td>
<td>Dozen Eggs</td>
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<tr>
<td>Hand</td>
<td>Unlucky Friday</td>
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<tr>
<td>Six-pack</td>
<td>Valentine’s Day</td>
</tr>
<tr>
<td>Seven-up</td>
<td>Quarter Hour</td>
</tr>
<tr>
<td>Octopus</td>
<td></td>
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</tbody>
</table>
How did it go?

• Recall all of the words and phrases
• List as many as you can remember
How many could you remember?

Dollar Bill  Cat Lives
Dice  Bowling Pins
Tricycle  Football Team
Four-leaf Clover  Dozen Eggs
Hand  Unlucky Friday
Six-pack  Valentine’s Day
Seven-up  Quarter Hour
Octopus
<table>
<thead>
<tr>
<th>Remember The Phrases</th>
</tr>
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<tbody>
<tr>
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<tr>
<td>Valentine’s Day</td>
</tr>
<tr>
<td>Quarter Hour</td>
</tr>
</tbody>
</table>
How many could you remember this time?

Dollar Bill  
Dice  
Tricycle  
Four-leaf Clover  
Hand  
Six-pack  
Seven-up  
Octopus  
Cat Lives  
Bowling Pins  
Football Team  
Dozen Eggs  
Unlucky Friday  
Valentine’s Day  
Quarter Hour
What made the difference?

• Part 1:
  • We were aware of our goal

• Part 2:
  • There was a good system for learning the information
METACOGNITION

The ability to:

• Think about one’s own thinking
• Be consciously aware of oneself as a problem solver
• Monitor, plan, and control one’s mental processing
• Accurately judge one’s level of learning

(Flavell, 1976)
What is the difference between studying and learning?
Studying

• Memorizing information for a quiz or exam
• Short-term
• “What I have to do to get an A”

Learning

• Understanding and applying information
• Long-term
• “What I do to use material again”
The Study Cycle

1. Preview
2. Attend
3. Review
4. Study
5. Assess

Adapted from "The Study Cycle" by LSU and Frank Christ.
The Study Cycle

Preview Before Class

- Skim chapter
- Note headings and boldface words
- Review summaries and objectives
- Come up with questions you’d like the lecture to answer for you
The Study Cycle

Attend Class

- Answer and ask questions
- Take meaningful, thorough notes
- Learning hour vs wasted hour
The Study Cycle

Review After Class

- As soon after class as possible
- Read notes
- Fill in gaps
- Note any questions you have
The Study Cycle

**Study the Material**

- Repetition is key
- Ask “Why”, “How”, and “What if”
- Read notes and material from the week to make connections
- Organize, Concept Map, Summarize, Practice, Teach to Someone Else
# Intense Study Sessions

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Set a Goal</td>
<td>1 - 2 minutes</td>
</tr>
<tr>
<td>2.</td>
<td>Study with Focus</td>
<td>30 - 50 minutes</td>
</tr>
<tr>
<td>3.</td>
<td>Reward Yourself</td>
<td>10 - 15 minutes</td>
</tr>
<tr>
<td>4.</td>
<td>Review</td>
<td>5 minutes</td>
</tr>
</tbody>
</table>

- **Decide** what you want to accomplish in your study session
- **Interact with material** – organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc.
- **Take a break** – call a friend, play a short game, get a snack
- **Go over** what you just studied

Purdue University, ASC
Adapted from *The Study Cycle*. LSU and Frank Christ.
The Study Cycle

Assessing Your Learning

• “Am I using study methods that are effective?”

• “Do I understand the material enough to teach it to others?”
Final Reflection

What is one thing that was presented today that you would like to implement into your day to day?
POST-WORKSHOP SURVEY

https://tinyurl.com/8u83ykkp
FOLLOW US ON INSTAGRAM AND TWITTER @iowastateasc
CONTACT US

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