The Study Cycle

The Study Cycle workshop focuses on metacognition and utilizing the Study Cycle to succeed in courses. The Study Cycle is a 5-step approach designed to help students become more efficient learners. Workshop participants will learn how to approach their coursework in “learn” mode instead of “study” model.

Packet Contents:
- Metacognition
- Studying vs Learning
- The Study Cycle

Acknowledgments: The content and activities in this presentation were taken and adapted from Dr. Saundra Yancy McGuire’s book *Teach Students How to Learn*
Vowel Activity

Round 1:

Score:

Round 2:

Score:

Reflection: What made the difference?
The Study Cycle

**Preview Before Class**
Skim the chapter. Note headings and boldface words. Review summaries and chapter objectives. Come up with questions you’d like the lecture to answer for you.

**Attend Class**
Answer and ask questions and take meaningful, thorough notes.

**Assess Your Learning**
Periodically perform checks. Am I using study methods that are effective? Do I understand the material enough to teach it to others?

**Study the Material**
Repetition is key. Ask questions such as "why", "how", and "what if". Use Intense Study Sessions (see below). Do 3-5 short study sessions a day. Use weekends to review. Read notes and material from the week to make connections.

**Review After Class**
As soon after class as possible, read notes, fill in gaps, and note any questions you have.
Breaking Down Each Step

Step 1: Preview Before Class

The goal of this step is to gain the big picture before jumping right into lecture or class. Cognitive Science research suggests that if your brain has the big picture first, it is much more efficient at learning new information. This step should only take about 10-15 minutes. You can do this by previewing the main concepts or topics that will be covered in class.

What are some specific ways you could preview before class?

Step 2: Attend Class

Now that you have the big picture from previewing, you can attend lecture/class to get more detailed information. Attending class is absolutely necessary because engaging with the material and classmates within the classroom is much more effective than listening to a recorded lecture or looking over slides online.

What are some specific ways you could stay engaged during class?

Step 3: Review After Class

The goal of this step is to help transfer course material into long-term memory. As soon as possible after class, you should look over class notes or review main topics covered in class to fill in any gaps you may have had. It is helpful to do this while the lecture/class is still fresh in your head.

What are some specific ways you could review material after class?
Breaking Down Each Step

**Step 4: Study the Material**

This step is designed to help you go more in-depth with the course material. Take about 40 to 60 minutes to take a deeper dive into the material covered in class. To do this, you should use “Intense Study Sessions”:

1. Set a Goal (1-2 min) – decide what you want to accomplish in your study session
2. Study with Focus (30-50 min) – Interact and engage with material (e.g. flashcards, practice problems)
3. Reward Yourself (10 min) – Take a break
4. Review (5 min) – go over what you just studied

What are some specific study strategies you could use to engage with the course material?

**Step 5: Assess Your Learning**

This step is designed for self-reflection and assessment. You should ask yourself “are the strategies I am using effective?” and “How can I study or learn the information better?”. After some reflection, you should make a plan to change or tweak your strategies or process for the next time through the study cycle.

What are some specific ways you could assess your learning?
1. Set a Goal (1-2 minutes)

   What do I want to accomplish in my study session?

2. Study with Focus (30-50 minutes)

   How am I going to interact with the material? Will I re-read? Summarize? Fill in notes?

3. Reward Yourself (10-15 minutes)

   What will I do to take a break and not get distracted?

4. Review (5 minutes)

   What questions do I still have after going over what I just studied?