**The Study Cycle**

1. **Preview**
   
   *Preview before class* – Skim the chapter, note headings and boldface words, review summaries and chapter objectives, and note questions you would like answered in class.

2. **Attend**
   
   *Attend class* – GO TO CLASS! Ask questions and take meaningful notes.

3. **Review**
   
   *Review after class* – Within 24 hours, read notes, fill in gaps and note any questions.

4. **Study**
   
   *Study* – Repetition is the key. Ask questions such as ‘why’, ‘how’, and ‘what if’.
   - Intense Study Sessions* - 3-5 short study sessions per day
   - Weekend Review – Read notes and material from the week to make connections

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

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***Intense Study Sessions***

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<tr>
<td>1</td>
<td>Set a Goal</td>
<td>(1-2 min) Decide what you want to accomplish in your study session</td>
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<td>2</td>
<td>Study with Focus</td>
<td>(30-50 min) <strong>Interact with material</strong>- organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc.</td>
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<td>3</td>
<td>Reward Yourself</td>
<td>(10-15 min) <strong>Take a break</strong>– walk around, get a snack, relax</td>
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<td>4</td>
<td>Review</td>
<td>(5 min) <strong>Go over, summarize, and wrap-up what you studied</strong></td>
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Remembering
- Retaining information - memorizing information verbalmemory, recognizing, and recalling relevant knowledge from long-term memory.
  - Key ideas: What, Remember, List, Label, State, Define, Choose, Find, Select, Match

Understanding
- Making decisions and supporting views - understanding values, judging the validity of ideas or quality of work based on a set of criteria, informing, judging, summarizing, and explaining.
  - Key ideas: Why, How, Explain, Support, Argue, Construct, Build, Experiment

Applying
- Using information to solve problems - transferring abstract or theoretical ideas to practical situations, identifying connections and relationships and how they apply.
  - Key ideas: Analyze, Categorize, Separate, Distinguish, Deduce, Infer

Analyzing
- Identifying components - determining arrangements, logic, and semantics to identify organizational structure, breaking down, and putting elements together.
  - Key ideas: Judge, Critique, Justify, Recommend, Criticize, Assess, Disprove, Rate, Resolve

Evaluating
- Making decisions and supporting views - understanding values, judging the validity of ideas or qualities of work based on a set of criteria, evaluating and comparing.
  - Key ideas: Design, Hypothesize, Invert, Develop, Compose, Estimate, Theorize, Evaluate, Test, Improve, Originate

Creating
- Combining information into a unique thesis, concept, or product - requiring creativity and originality.
  - Key ideas: Construct, Build, Experiment

Learning Levels - Bloom’s Taxonomy