Prepare
- Use syllabus to identify relevant text/notes to preview.
- Scan introduction, chapter headings, keywords, diagrams, and summary.
- Formulate questions you want to answer.

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Read/Take Notes
- Use Cornell note-taking system during lectures.
- Listen/Read actively; find answers to your questions.
- Mark unclear concepts/topics to review.
- Synthesize lecture & readings.

Self-Test
- Explain ideas out loud.
- Write and answer practice test questions.
- Formulate a study group and quiz each other.
- Apply concepts to real world situations or problem solving.

Organize & Review
- Clarify unclear concepts with text, professor, TA, and other students.
- Summarize main ideas.
- Create flashcards, charts, diagrams, timelines, etc., to organize information and illustrate relationships.

Test
- Arrive early & with all necessary materials to reduce anxiety.
- Think clearly and demonstrate what you have learned.
- Use appropriate test-taking strategies.

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The Study Cycle
Adapted from: The University of Texas Learning Center.