

The Study Cycle

www.delmar.edu/studentlife/tutoring



Preview

- Use syllabus to identify relevant text/notes to preview
- Take 10-15 minutes to look over chapter headings, keywords, diagrams, summary
- Formulate questions you want to answer



Read / Take Notes

- Use Cornell System during lecture
- Listen or read actively: find answers to your questions
- Synthesize lecture and reading material



Review

Continue using Cornell format ...

1) Identify

- Identify gaps or misunderstandings

2) Clarify

- Fill-in gaps using resources such as text, TA, instructor, fellow students, tutor, etc.

3) Summarize

- Identify main ideas and put them in your own words



Organize

Create outlines, charts/tables, concept maps, flowcharts, diagrams to illustrate relationships (i.e., similarities, differences, thematic comparison, hierarchy, chronology, cause/effect, part/whole, etc.)



Prepare for Success

- Think realistically and manage time with a study schedule
- Study when and where you're most alert
- Analyze returned tests



Test

- Arrive early to reduce anxiety
- Do your job: think as clearly as possible, based on what you currently know
- For multiple choice, cover answers and generate your own response



or



Self-Test

(Keep levels of learning in mind: see Bloom's Taxonomy)

1) Rehearse

- Do practice problems
- Boost memory with repetition, mnemonic devices, etc.

2) Elaborate

- Explain ideas aloud (to self or other)
- Write and answer practice test questions

3) Apply

Challenge yourself to apply the knowledge to problem-solving, or real-world situations



Seek out resources you need along the way ...