

The Study Cycle

Step 1: Preview Material Before Class

- Review the topic(s) that will be covered in lecture
- Read the textbook chapter(s)
- Skim class PowerPoint
- Prepare questions before lecture

Step 2: Attend Course Lecture

- Actively listen to the lecture
- Take thorough notes
- Ask questions in class

Step 3: Review Notes After Class

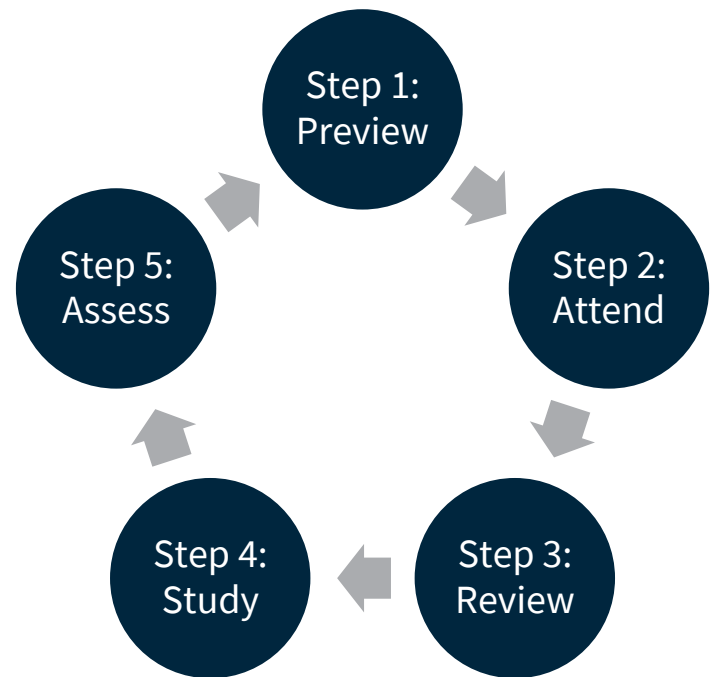
- Review notes
- Fill in gaps in notes
- Reach out to your professor with additional questions

Step 4: Study Course Material

- Review lecture notes and textbooks
- Create flash cards of key information
- Use self-testing

Step 5: Assess Your Learning

- Review what worked well when preparing for previous tests
- Create a study plan for the next test



How can you implement this study cycle to your current study habits?

Step 1: Preview Material Before Class

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- _____

Step 2: Attend Course Lecture

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- _____
- _____

Step 3: Review Notes After Class

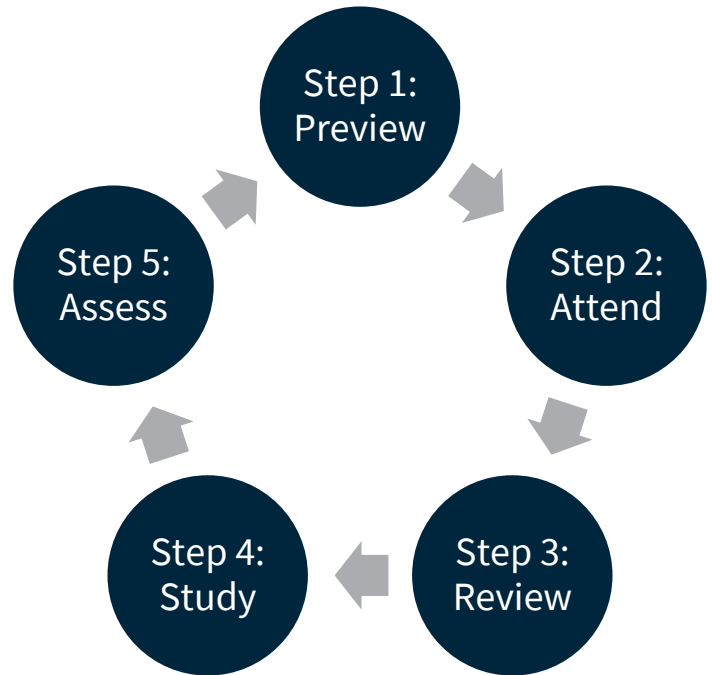
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Step 4: Study Course Material

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Step 5: Assess Your Learning

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Campus Resources

- NACC Tutors (on-campus and online)
- Tutor.Com for “after hours” online tutoring
- Success Seminar videos in the College Success Seminars course in Canvas
- LASSI Assessment (LASSI= Learning and Study Strategies Inventory)
- Student Resource Room (Free grab-n-go food and hygiene items)
- TimelyCare- virtual mental health support for students
- College & Career Planning Center
- Transfer Advisor
- Advisor: _____
- Instructors: _____
- _____
- _____

Active Study Strategies

Material to Study	Passive Study Strategy	Active Study Strategies
Lecture Notes	Re-read notes Write down exactly what professor says in class	<ul style="list-style-type: none"> • Identify main points in notes and explain in own words • Create charts and diagrams that chunk related information • Have a study partner quiz you
Assigned Texts and Articles	Read and underline	<ul style="list-style-type: none"> • Change chapter headings into questions that you answer while you read • After reading a few pages, stop and summarize what you learned in three sentences • Determine which sections you had trouble understanding and go back to review • Annotate
Assigned Problems and Exercises	Try to solve while looking at class examples	<ul style="list-style-type: none"> • Try and solve on your own first. Then look at examples to see if you got the question right • Meet with a classmate to work on challenging problems together
PowerPoint Slides	Print out and read	<ul style="list-style-type: none"> • Print out, write possible test questions in the margins, and quiz yourself on slide information • Create flashcards from key terms on slides • Create concept maps on key ideas
Lab Reports	Re-read answers	<ul style="list-style-type: none"> • Quiz yourself on models/materials • Recreate diagrams (leaving out labels and terms) and then practice filling in the information