



THE STUDY CYCLE

Adapted from Frank Christ's PLRS system.
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YOUR STUDY CYCLE

PREVIEW

PREVIEW: What you can do prior to attending class.

- Check syllabus, skim required readings for big ideas.
- Cultivate Curiosity: Ask, "What can I discover about this before I go to class?"

- _____
- _____
- _____

ATTEND

ATTEND: Attend class - do it, and do it well.

- Be present and participate

- _____
- _____
- _____
- _____

REVIEW

REVIEW: Take 10-15 minutes to consolidate the day's information

- Summarize what you understand and find the answers for what you don't know.

- _____
- _____
- _____
- _____

STUDY

STUDY: Time to dig in and get ready for a test!

- Always self-test to evaluate your grasp of the material
- Schedule focused study sessions each week 30 - 50 minutes each

- _____
- _____
- _____

ASSESS

Assess: How is your studying going?

- Ask, "How will I be tested on this?"
- Did I study enough?

- _____
- _____
- _____