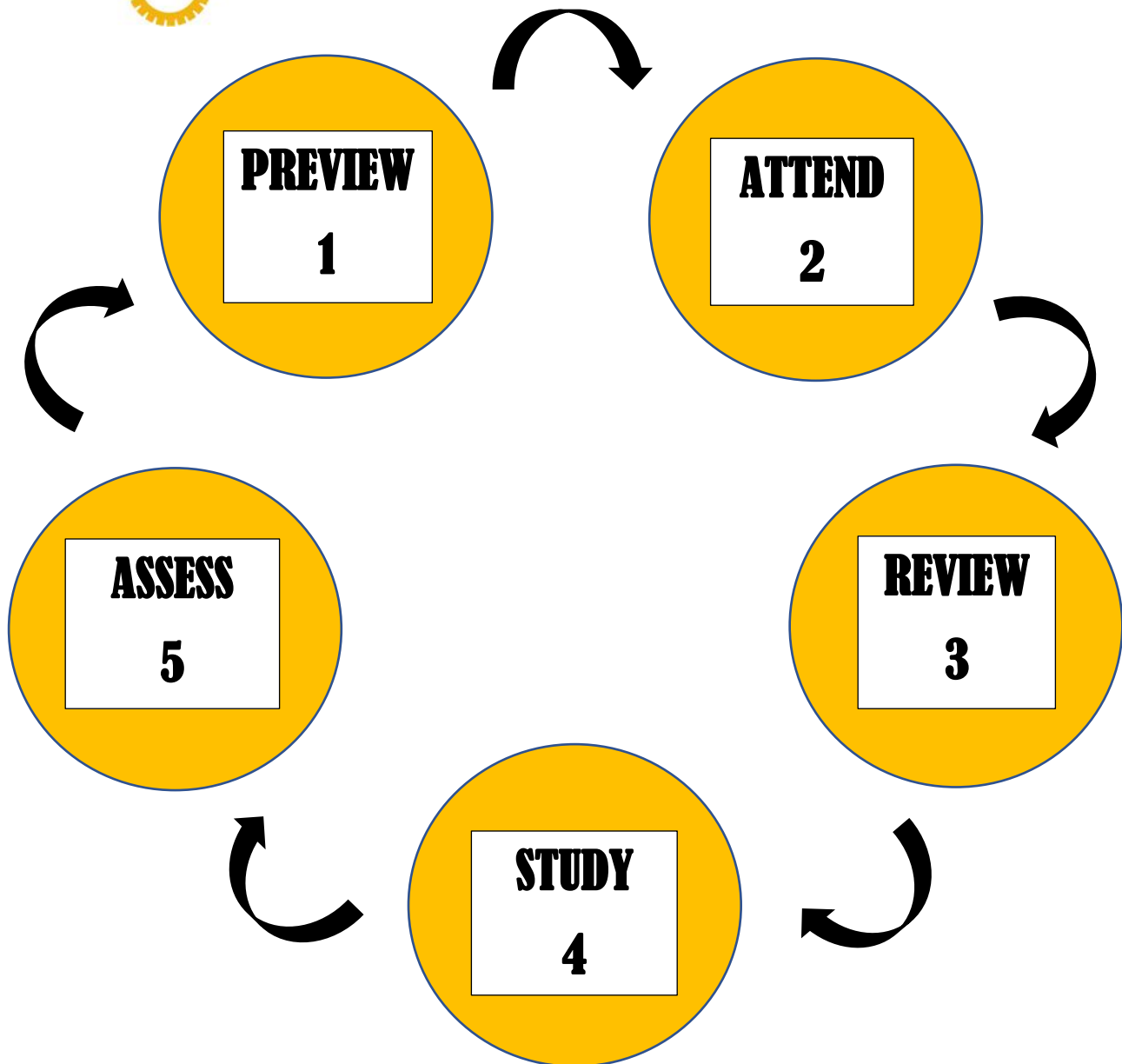


THE STUDY CYCLE



1. Preview Before Class

- Skim the chapter. Note heads and boldface words. Review summaries and chapter objectives.

2. Attend Class

- Answer and ask questions. Take meaningful and thorough notes.

3. Review After Class

- As soon as possible, read your notes, fill in gaps, and note any questions you may have.

4. Study the Material

- Don't just read the textbook and your notes. Actively engage in the material by making connections to the lectures, forming examples, and regulating your own learning (Davis, 2007).

5. Assess Your Learning

- Periodically perform reality checks. "Do I understand the material enough to teach it to others?"