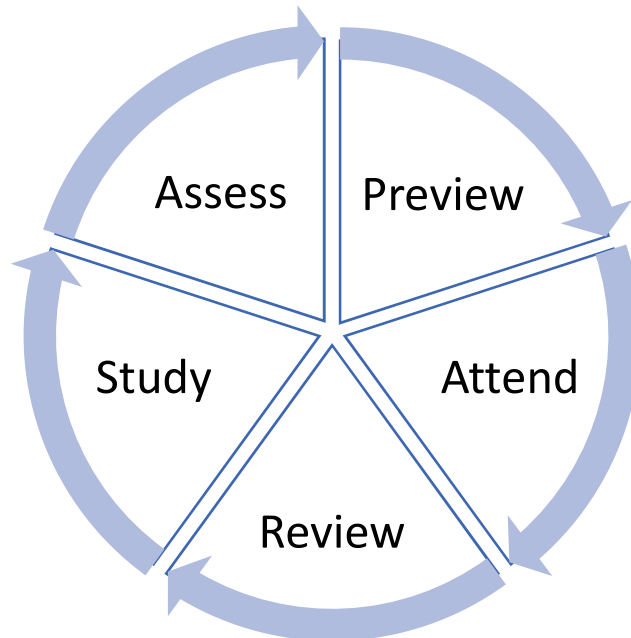


# Using the Study Cycle

Efficient studying that results in deep learning is a cyclical process. Reading course materials leads to better understanding of the lecture leads to better review practices, etc. The study cycle presented below is from Sandra McGuire's book, *Teach Yourself How to Learn*, available in the Archibald Library (McGuire, 2018). McGuire adapted the cycle from Frank Christ's learning cycle (Christ, 1997, as cited in McGuire, 2018).



## The Study Cycle



### 1. Preview

Reading your textbook provides a foundation for what will be covered in class.

- Note chapter headings and boldface words.
- Identify the main concepts that will be covered.
- Write down questions that you hope the lecture will answer.

### 2. Attend

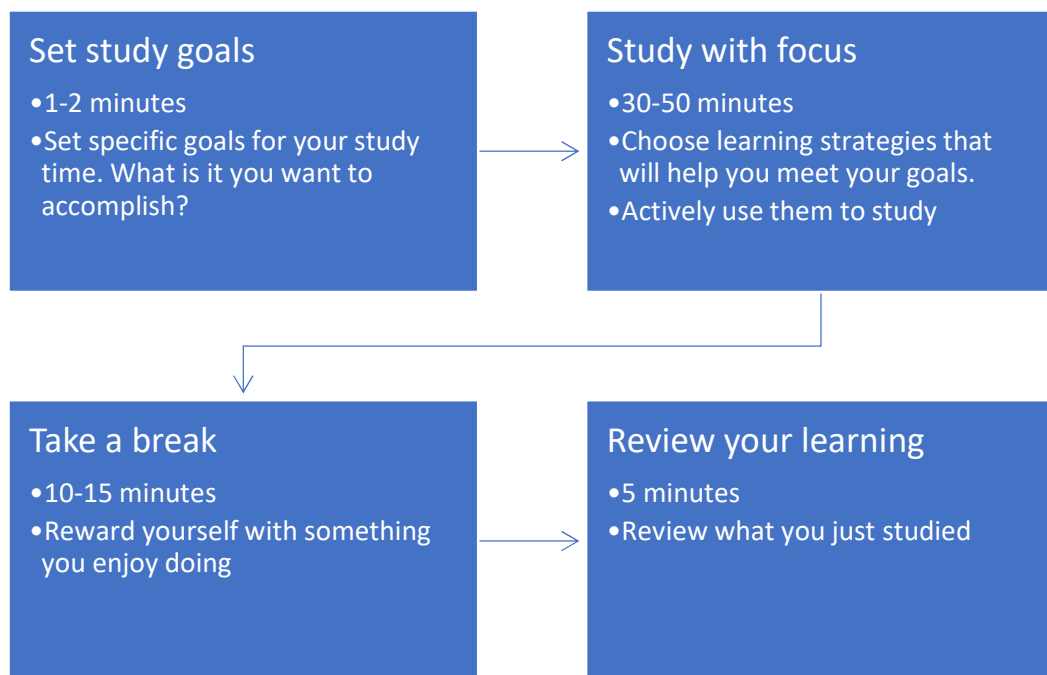
Go to class! Now that you have read the textbook, you should be better prepared to learn from the lecture. Take notes to actively engage while you are listening. Ask questions when you aren't sure of something.

### 3. Review

As soon as you can after class, review your notes. What you heard will still be fresh in your mind, enabling you to fill in any areas that you might have missed. Take this opportunity to explain to yourself everything that you wrote down. This is called elaboration. It will help to solidify in your mind what you just learned. You will also quickly know what you don't yet understand.

### 4. Study

Schedule at least 3 one-hour intense study sessions per course per week. Many courses will require more than 3 hours of outside studying.



### 5. Assess

Periodically, reflect on your learning processes. Ask yourself the following questions:

- Am I using effective learning strategies?
- Can I teach what I have learned to someone else?
- Are there things that I need to change in how I am studying?

*Do you need help with learning strategies or implementing the study cycle? Drop by the Academic Resource Centre for more study and learning strategy resources.*

McGuire, S. Y. (2018). Teach yourself how to learn: Strategies you can use to ace any course at any level. Sterling, VA: Stylus Publishing, LLC.