IOWA STATE UNIVERSITY
Academic Success Center

2157 Hixson-Lied Student Success Center
The Study Cycle

Academic Success Center
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Objective & Roadmap

- Vowel Activity
- Study vs Learn Discussion
- Final Reflection

Metacognition
The Study Cycle Steps
Acknowledgements

This workshop was adapted from Dr. Saundra Yancy McGuire’s book

*Teach Students How To Learn*
VOWEL ACTIVITY
Count the vowels

- Dollar Bill
- Dice
- Tricycle
- Four-leaf Clover
- Hand
- Six-pack
- Seven-up
- Octopus
- Cat Lives
- Bowling Pins
- Football Team
- Dozen Eggs
- Unlucky Friday
- Valentine’s Day
- Quarter Hour
VOWEL ACTIVITY
How did it go?

➢ *Recall* all of the *words/phrases*

➢ *List as many as you can remember*
How many did you remember?

- Dollar Bill
- Dice
- Tricycle
- Four-leaf Clover
- Hand
- Six-pack
- Seven-up
- Octopus
- Cat Lives
- Bowling Pins
- Football Team
- Dozen Eggs
- Unlucky Friday
- Valentine’s Day
- Quarter Hour
Remember the Phrases

Dollar Bill
Dice
Tricycle
Four-leaf Clover
Hand
Six-pack
Seven-up
Octopus

Cat Lives
Bowling Pins
Football Team
Dozen Eggs
Unlucky Friday
Valentine’s Day
Quarter Hour
How many did you remember *this time*?

Dollar Bill
Dice
Tricycle
Four-leaf Clover
Hand
Six-pack
Seven-up
Octopus

Cat Lives
Bowling Pins
Football Team
Dozen Eggs
Unlucky Friday
Valentine’s Day
Quarter Hour
What made the difference?

1. We were aware of our goal
2. There was a good system for learning the information
Metacognition

The ability to:

➢ Think about one’s own thinking
➢ Be consciously aware of oneself as a problem solver
➢ Monitor, plan, and control one’s mental processing
➢ Accurately judge one’s level of learning
What is the difference between studying and learning?
What is the difference?

**Studying**
- Memorizing information for a quiz or exam
- Short-term
- “What I have to do to get an A”

**Learning**
- Understanding and applying information
- Long-term
- “What I do to use material again”
The Study Cycle

1. Preview
2. Attend
3. Review
4. Study
5. Assess

Adapted from
The Study Cycle,
LSU, and Frank Christ
Preview Before Class

➢ Skim chapter and/or lecture slides
➢ Note headings and boldface words
➢ Think of questions you’d like the lecture to answer for you
Attend Class

- Answer and ask questions during class
- Take meaningful, thorough notes
- Learning hour vs wasted hour
Review After Class

➢ As soon after class as possible
➢ Read notes
➢ Fill in any gaps in your notes
➢ Note any questions you have
Study the Material

➢ Repetition is key
➢ Ask “Why?” “How?” and “What if?”
➢ Read notes and material from the week to make connections
➢ Organize, Concept Map, Summarize, Practice, & Teach
Intense Study Sessions

1. Set a Goal (1-2 minutes)
   Decide what you want to accomplish in your study session

2. Study with Focus (30-50 minutes)
   Interact with material - organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc.

3. Reward Yourself (10-15 minutes)
   Take a reward break - call a friend, play a short game, get a snack, etc.

4. Review (5 minutes)
   Go over what you just studied

Adapted from The Study Cycle, LSU, and Frank Christ
Assess Your Learning

➢ “Am I using study methods that are effective?”
➢ “Do I understand the material enough to teach it to others?”
What is one thing that was presented today that you would like to implement into your day to day studying habits?
Post-Workshop Survey

https://tinyurl.com/yc857ka7
Follow Us on Instagram!

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