



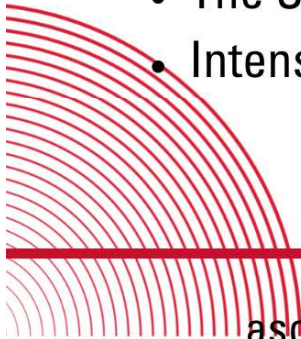
The Study Cycle

The Study Cycle workshop focuses on metacognition and utilizing the Study Cycle to succeed in courses specifically in the transition to college. The Study Cycle is a 5-step approach designed to help students become more efficient learners. Workshop participants will learn how to approach their coursework in “learn” mode instead of “study” mode.

Packet Contents:

- Studying vs Learning
- The Study Cycle
- Intense Study Sessions

Acknowledgments: The content and activities in this presentation were taken and adapted from Dr. Saundra Yancy McGuire’s book *Teach Students How to Learn*



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IOWA STATE UNIVERSITY

Academic Success Center



We *support.* **You** *succeed.*

The Study Cycle Workshop

Iowa State University
Academic Success Center

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Content within Packet:

The following topics and resources are included in this packet

- Studying vs Learning
- The Study Cycle
- Intense Study Sessions

Academic Success Center Information:

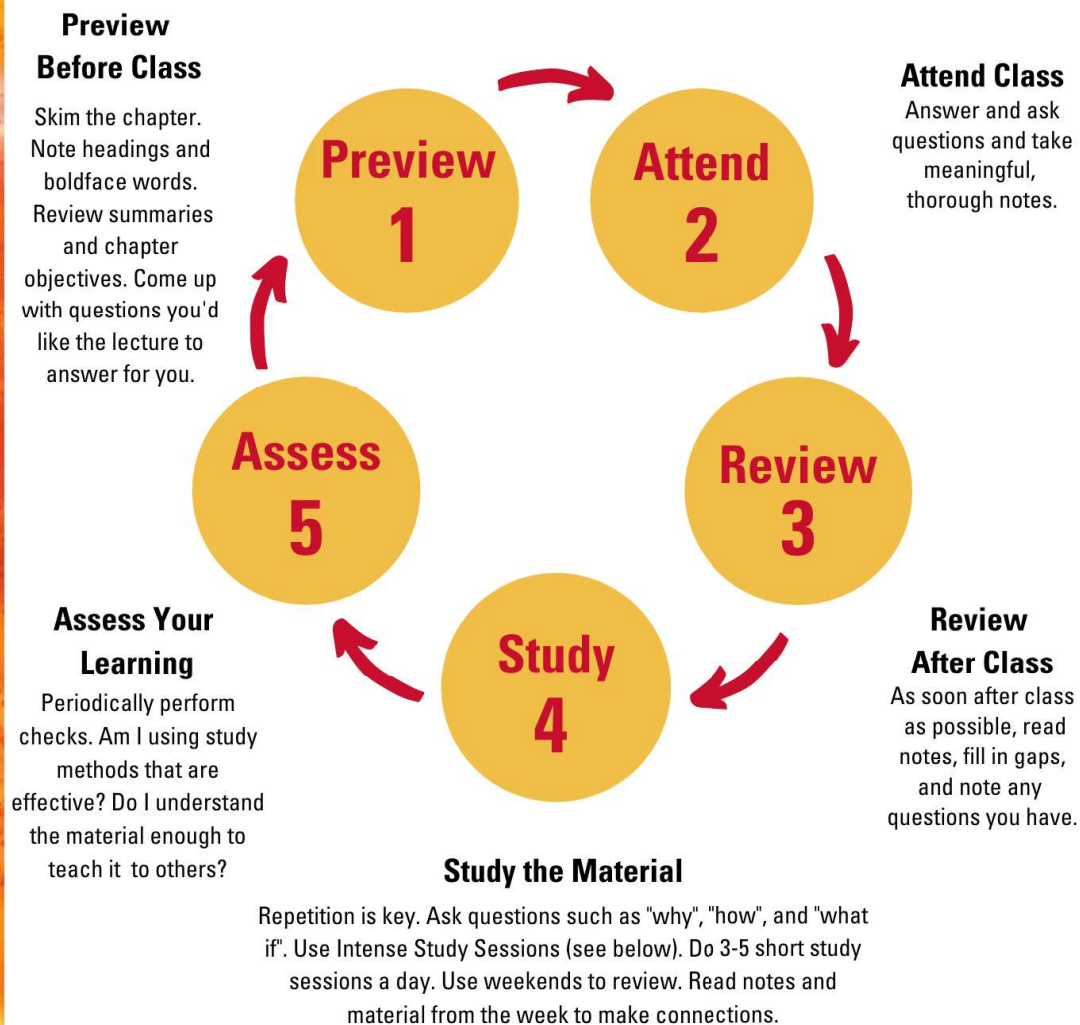
Mission: The Academic Success Center provides opportunities for students to become self-directed learners by developing skills that promote success and through the delivery of centralized, high-quality academic support services that are responsive to the needs of the campus community.

Programs and Services: We offer both individualized and small group experiences through peer-facilitated course support and general academic assistance. Our individualized programs include [Academic Skills Coaching](#), [Writing and Communication Consultations](#), and [Academic Success Navigator](#) appointments where students meet one-on-one with a trained peer to discuss their needs and goals. [Supplemental Instruction](#) and [Tutoring Services](#) are our course-specific services provided by a qualified peer-leader trained in effective facilitation and learning strategies. Additional partnerships and outreach programs with the Academic Success Center include [Psych 131](#), an academic skills course, and [workshops](#) for the campus community. All of our programs and services are designed to help you learn how to become an independent, self-directed learner.

Location and Hours: We are located in 2157 Hixson-Lied Student Success Center (215 Beach Road, Ames, IA). We are open Monday through Friday from 8:00 am to 5:00 pm. You can reach us by phone at 515-294-6624 or by email at success@iastate.edu.

The Study Cycle

The Study Cycle



IOWA STATE UNIVERSITY
Academic Success Center

Breaking Down Each Step

Step 1: Preview Before Class

The goal of this step is to gain the big picture before jumping right into lecture or class. Cognitive science research suggests that if your brain has the big picture first, it is much more efficient at learning new information. This step should only take about 10-15 minutes. You can do this by previewing the main concepts or topics that will be covered in class.

What are some specific ways you could preview before class?

Step 2: Attend Class

Now that you have the big picture from previewing, you can attend lecture/class to get more detailed information. Attending class is absolutely necessary because engaging with the material and classmates within the classroom is much more effective than listening to a recorded lecture or looking over slides online.

What are some specific ways you could stay engaged during class?

Step 3: Review After Class

The goal of this step is to help transfer course material into long-term memory. As soon as possible after class, you should look over class notes or review main topics covered in class to fill in any gaps you may have. It is helpful to do this while the lecture/class is still fresh in your mind.

What are some specific ways you could review material after class?

Breaking Down Each Step

Step 4: Study the Material

This step is designed to help you go more in-depth with the course material. Take about 40 to 60 minutes take a deeper dive into the material covered in class. To do this, one model you can use is the “Intense Study Session”:

1. Set a Goal (1-2 min) – decide what you want to accomplish in your study session
2. Study with Focus (30-50 min) – Interact and engage with material (e.g. flashcards, practice problems)
3. Reward Yourself (10 min) – Take a break
4. Review (5 min) – go over what you just studied, identify what you know and what you still need to review

What are some specific study strategies you could use to engage with the course material?

Step 5: Assess Your Learning

This step is designed for self-reflection and assessment. You should ask yourself “Are the strategies I am using effective?” and “How can I study or learn the information better?”. After some reflection, make a plan for how you can adjust your strategies or process for the next time through the study cycle.

What are some specific ways you could assess your learning?

Intense Study Sessions

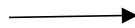
1. Set a Goal (1-2 minutes)

What do I want to accomplish in my study session?



2. Study with Focus (30-50 minutes)

How am I going to interact with the material? Will I re-read? Summarize? Fill in notes?



3. Reward Yourself (10-15 minutes)

What will I do to take a break and not get distracted?



4. Review (5 minutes)

What questions do I still have after going over what I just studied?

