



IOWA STATE UNIVERSITY

Academic Success Center

2157 Hixson-Lied Student Success Center

The background of the slide is a photograph of the Iowa State University campus, featuring a large domed building on the left and a wide walkway lined with trees in the foreground. The entire image is overlaid with a semi-transparent red filter.

The Study Cycle

Academic Success Center

IOWA STATE UNIVERSITY

ASC Programs & Services

Individualized Support

- Academic Success
Navigator Unit
- Academic Skills Coaching
- Writing & Communication
Consultations

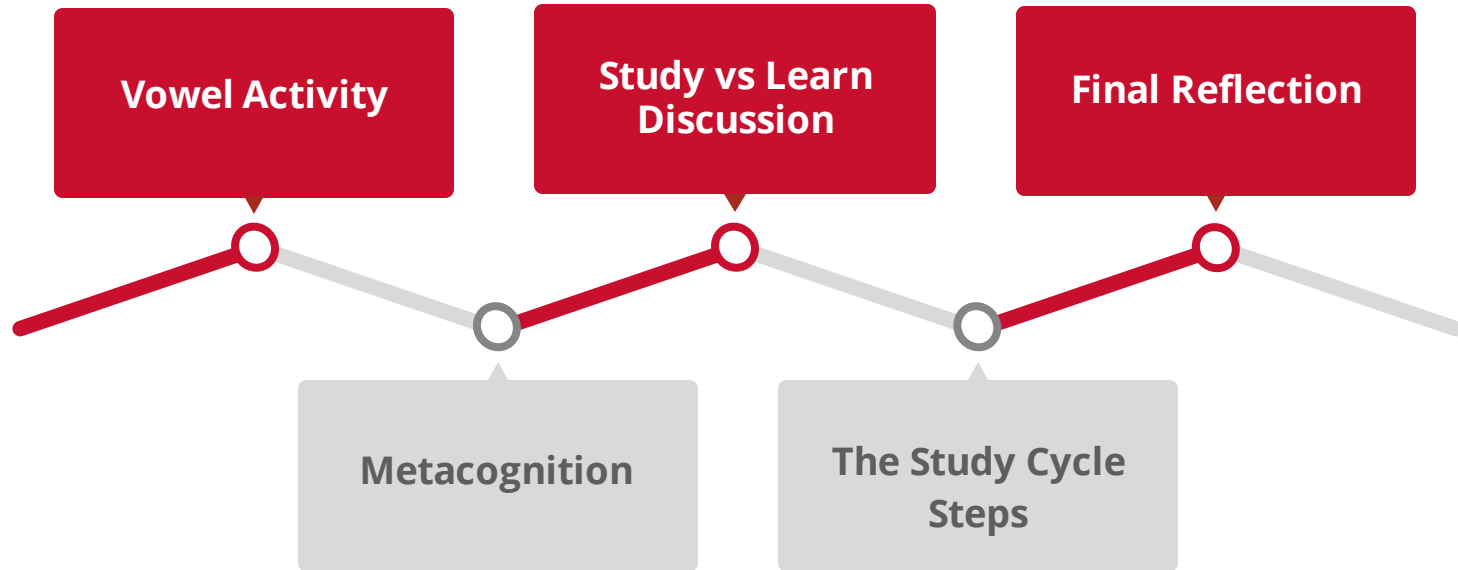
Course Support

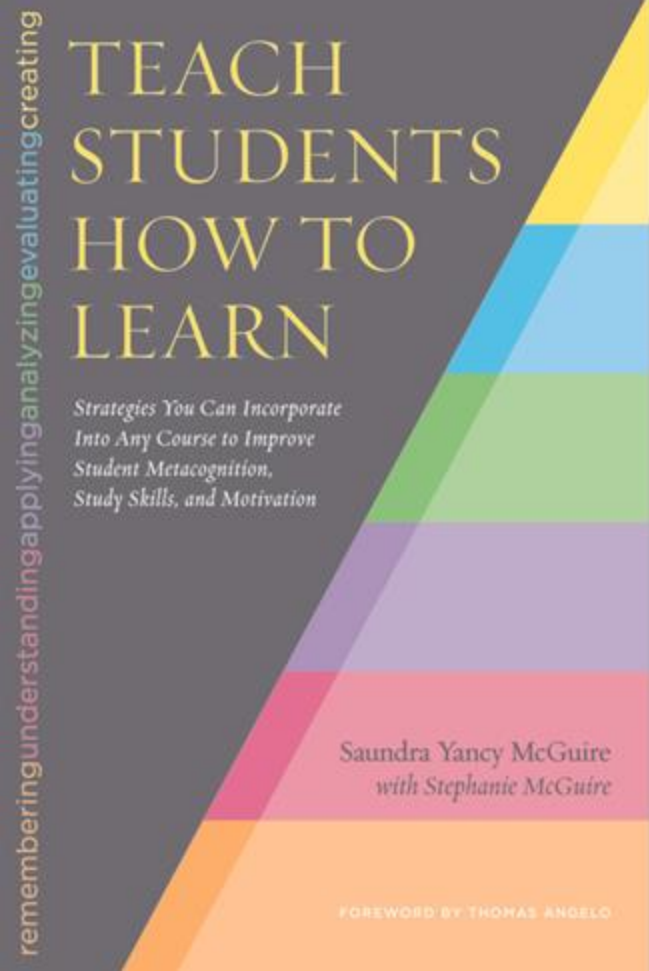
- Tutoring Services
- Supplemental Instruction

Other Outreach

- PSYCH 131
- Workshops

Objective & Roadmap





Acknowledgements

This workshop was adapted from
Dr. Sandra Yancy McGuire's book
Teach Students How To Learn



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





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?



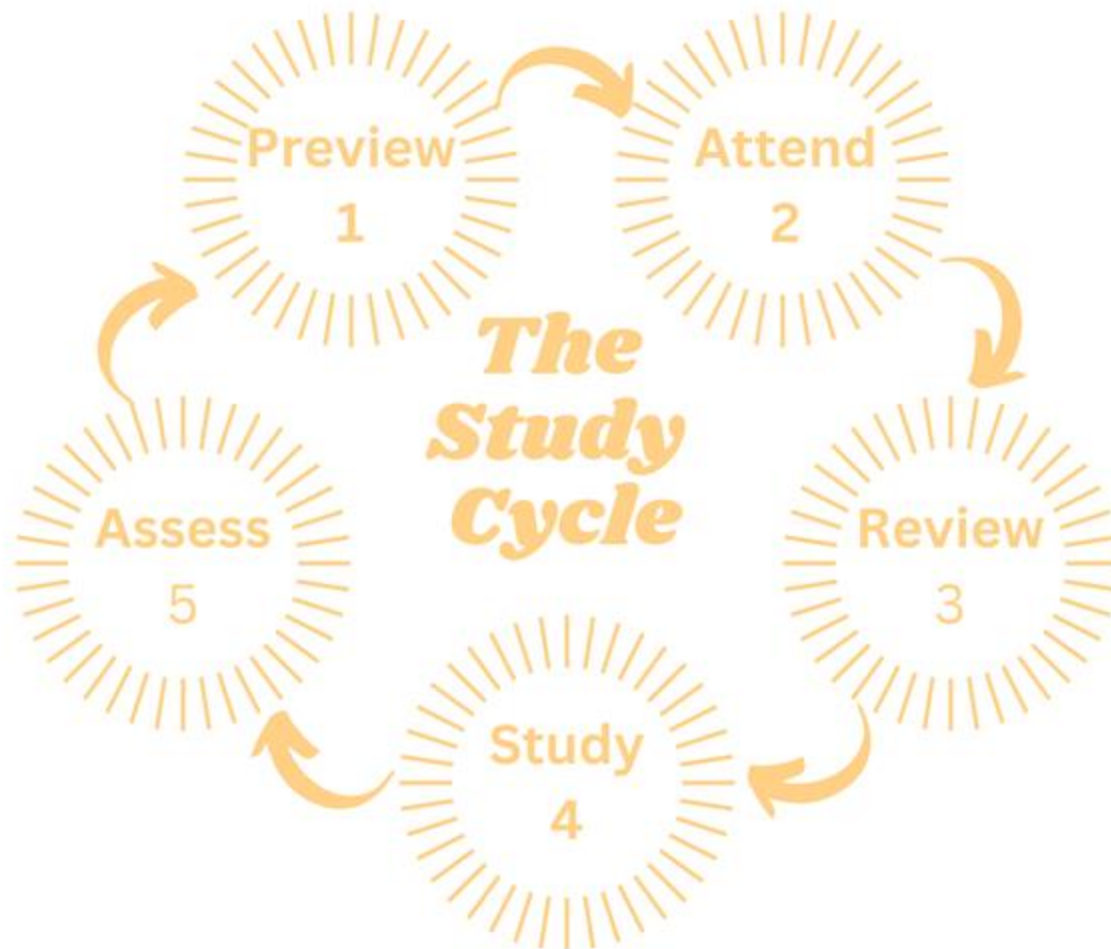
What is the difference?

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”



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!

@iowastateasc



Contact & Visit Us

2157 Hixson-Lied Student Success Center

Find us off the 23 Orange bus route across from Maple Hall!

Website: www.asc.dso.iastate.edu

Phone: 515-294-6624

Email: success@iastate.edu

