



THE STUDY CYCLE FOR ONLINE LEARNING

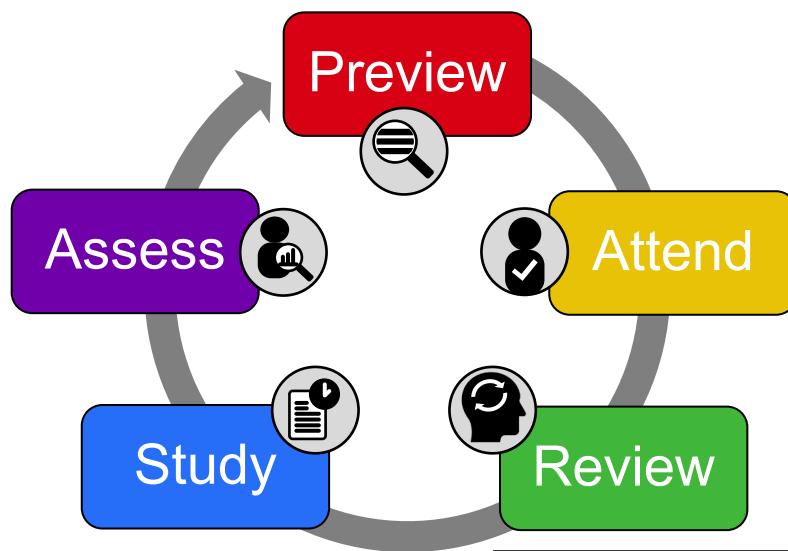
Overview of tips for studying and learning while taking online courses

1. PREVIEW

- Preview the topics/information you will be learning before attending your synchronous class or before watching pre-recorded lectures
- Use textbooks, YouTube videos, or even Google
- Goal of Preview – get an idea of the big picture of what you will be learning during that class
 - Becomes much easier to understand content and pick up on concepts.

5. ASSESS

- Check your learning progress
- Without help or referring to notes or textbooks, can you:
 - Complete practice tests or problems or answer practice questions about the material?
 - Teach the material to others?
- Evaluate your strategies
 - Which strategies are helping you to learn and which ones are not?



2. ATTEND

- Follow your regular class schedule and attend all classes or watch pre-recorded lectures during scheduled class times.
- Be attentive and take notes like you would if you were in-person.
- Success tips for attending synchronous classes and asynchronous classes

4. STUDY

- Short frequent “study bouts” spaced throughout the day (avoid long study sessions)
 - 1 – 2 minutes: set study goal
 - 30 – 50 minutes: focused study time
 - 10 – 15 minutes: take a break
 - 5 minutes: review material you just studied

3. REVIEW

- As soon as you can after attending class or watching pre-recorded lectures, review the notes you took for that class.
 - Helps solidify what you just learned from short-term memory into long-term memory.
 - Identify gaps in your knowledge that needs to be filled for your understanding.
 - Recommend rewriting and organizing notes into concept maps, tables, charts, etc. to help you better organize and understand content.

