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1. **What are the five steps of the Study Cycle?**

* Preview the information before lecture
* Going to Class
* Review after class
* Intense Study
* Assessing study session

1. **How the required course work (pre-lecture quizzes, post-lecture quizzes, assignments…) map to these steps**

The pre-lecture quizzes make you know the topic beforehand and makes sure you have an idea of what the lecture will be about, then the actual class itself will reenforce what you learned about beforehand, and the post lecture quiz will act as review. The quizzes make sure you study and retain that knowledge and the assignments help you further learn, modify, and implement the knowledge into a way you can visualize it and understand it.

1. **Which step helps to move the learned information from the short-term memory to the long-term memory.**

Going to class so you hear a lecture that’s short term memory then once you review it, that moves to long-term memory.