Study cycle

**Preview before the class**-skim the chapter, note heading and boldface words, review summaries and chapter objectives, and come up with you’d like the lecture to answer for you

**Attend the Class**-GO TO the class! Answer and ask question and take meaningful notes.

**Review after Class**-As soon after class as possible, read notes, fill in gaps and note any questions.

**Study**- repetition is the key, ask question. “why”, “how”, and “what if”

**Intense study session**-3-5 short intense study session

**Test-**test your understanding of the concept, like doing practice, or more effectively, make your own test.

Intense study session:

1. 1-3min set goal
2. 30-50min intense study
3. 10-15min break
4. 5minn review

Effective Metacognition Strategies

* Always solve question before looking the answer
* Memorize everything you are told to memorize
* Always ask why, how and what if question
* Test understanding by giving “mini-lectures” on concept (a.k.a paraphrase the concept in your own word)
* Spend time on studying every day
* Use the study cycle and intense study session
* Attend office hours on a regular basis
* Aim for 100% mastery, not 90%!

Doing chapter map

Compare and Contrast: difference?

Top 5 reasons students did not do well in class

1. Didn’t spend enough time on material
2. Started homework too late
3. Didn’t memorize the information
4. Didn’t use book
5. Check the answer before try the question