Plan for Success
Know yourself: study when and where you are most alert.
Plan your time with a schedule and calendar.

Test
Arrive early with all necessary materials.
Use appropriate test-taking strategies.
Analyze returned tests.

Self-Quiz
Create possible quiz questions, keeping in mind different levels of learning.
Trade and discuss your questions with a partner and/or a group.

Distribute practice
Spend 2-3 hours studying outside of class for every hour in class—but spread your studying out over time with shorter, more frequent sessions. Try to avoid study marathons!

Balance input/output
How are you taking in information (by listening to lecture, reading)? Balance these activities with opportunities to produce the content you’re learning (by writing, speaking, drawing). That will give you practice for the actual test.

Take Lecture Notes & Read
Listen or read actively; find answers to your questions.
Consider a note-taking system.
Synthesize lecture and reading material.

Review
Fill in gaps and correct misunderstandings; resources include your TA, professor, other students, and the textbook.
Put main ideas of lectures and readings into your own words.

Re-organize
Organize your information into different formats: outlines, charts, diagrams, flashcards, timelines, flowcharts.
Use structures that show relationships within/between material: similarities, differences, comparisons, hierarchies, and chronologies.

A strategic approach to learning

Preview
Identify relevant text or notes.
Scan chapter headings, keywords and diagrams; read chapter intro/summary.
Formulate questions you want to answer.

The Study Cycle: Study smarter, not harder

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