THE STUDY CYCLE
with CFAR and mentor Alexia
Always go to class/watch lectures so you can focus on the professor's explanation of those concepts.

Before going to class, spend some time looking at the concepts you will be learning.

The time to connect and learn all the concepts together for the test.

Revisit the concepts in your notes and use tools to help you learn the concepts--readings, videos, online course portals, connect to previous information in class, discussing content with a classmate.
Prior to Lecture, look at the syllabus topics

Go into Canvas to see if anything is posted

Read the assigned reading chapters

Preview the boldface print, vocabulary, and summary.

Print out PowerPoint (PPT) slides and look at how the lecture will be presented.

Make an outline for your notes that you can use during lecture

Google and find videos for concepts that will be covered.

Review your notes from the past lecture.
Attend

- Bring printed PPT slides to class or have them up on your computer screen
- Have a different notebook/folder for each class to stay organized
- Sit in the front to help with focus/sit in a quiet area when remote
- Take pictures of problems or examples on the board
- Put your other devices away to stay focused
- Write down all the professor says that is not on the PPT slides--capture the explanations
- Listen for the vocabulary and concepts you previewed prior to class.
Review

Within 24 hours, re-read your notes and fill them in with information still in your memory.

Relate the concepts to each other and to the lecture title.

Ask yourself how this new information is related to the previous class lecture.

Create graph, charts or an information map.

Make flashcards for memorization and use Quizlet to study past material.

Use online resources: Mastering A+P, Khan Academy, MyEconLab, etc.

Question: generate notes.

Summarize notes or create an outline of the information.
Create possible exam questions by predicting how the information in your notes could be turned into questions for an exam.

Make a practice exam from prior quiz questions and homework problems.

Do practice problems and solve for a different variable—anticipate how the professor might ask the question differently.

Discuss material with a classmate—helps you to retain 90% of the material if you can teach someone else the concepts.

Fill out study guides or create your own.

Break down studying for many days before the exam.
How to make an appointment with a mentor

https://unh.mywconline.com
### Availability for this week

<table>
<thead>
<tr>
<th>Sep. 24: Thursday</th>
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<tbody>
<tr>
<td>9:00am</td>
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<tr>
<td>Audrey-STEM</td>
</tr>
<tr>
<td>Elena-STEM Engineering</td>
</tr>
<tr>
<td>Isabel-STEM major</td>
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<tr>
<td>Lauren-STEM major</td>
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<tr>
<td>Lorena-Social Work/Spanish</td>
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<tr>
<td>Megan-STEM</td>
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<tr>
<td>Ryan-Business major</td>
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<tr>
<td>Ujan-STEM-Engineering</td>
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<table>
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<th>Sep. 25: Friday</th>
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<tbody>
<tr>
<td>9:00am</td>
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<tr>
<td>Kylee-Health Studies/Sustainability</td>
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<tr>
<td>Sarah-Poli Sci/Communications</td>
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