

YOUR LEARNING CYCLE

NAME: _____

TA: _____ COURSE SECTION: _____

Start Here

Put a check mark next to what you do now or add your own examples for each step.

Prep:

- Make an outline from your textbook
- Write down questions from your reading
- Check your syllabus for topics and overview
- Ask a classmate about what you're learning

Connect:

- Take lecture notes
- Fill in your outline (from the prep step)
- Watch (applicable) videos
- Form a study group

Organize:

- Set study(learning) goals
- Re-structure your notes
- Summarize key concepts/lectures
- Ask questions

Review:

- Look over your notes/outlines
- Discuss concepts with classmates
- Do sample and practice problems

Try this next

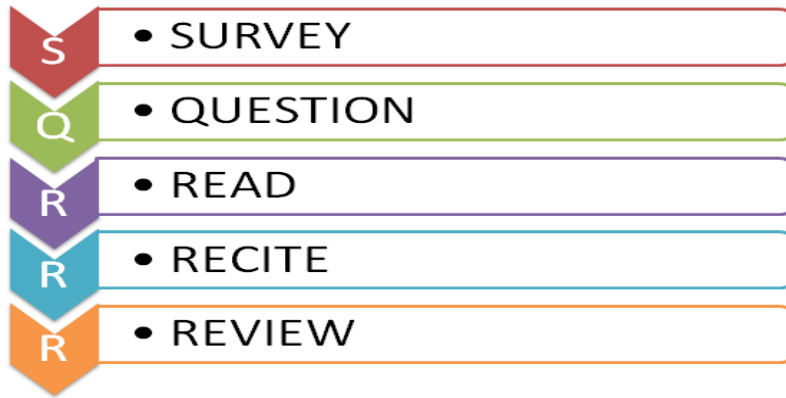
Using the examples from the previous column, fill in your current learning cycle. Feel free to add an extra box, arrows, or notes to reflect your process accurately.

The last step

Reflect on your current learning process in the previous column. Can you identify what is and isn't working for you? Draft a new plan below with your revisions. Map it out in whatever format works best for you.

Reflect: See the last step on this chart

SQ3R METHOD



1. **SURVEY:** Start by skimming the passage and writing down what seems important.

2. **QUESTION:** What questions do you have from the survey step?

SURFACE	DEEP

3. **READ:** Look for the answers to your questions.

4. **RECITE:** Repeat the important things by writing them down here (in your own words).

5. **REVIEW:** What is the big picture? What can you test yourself on?