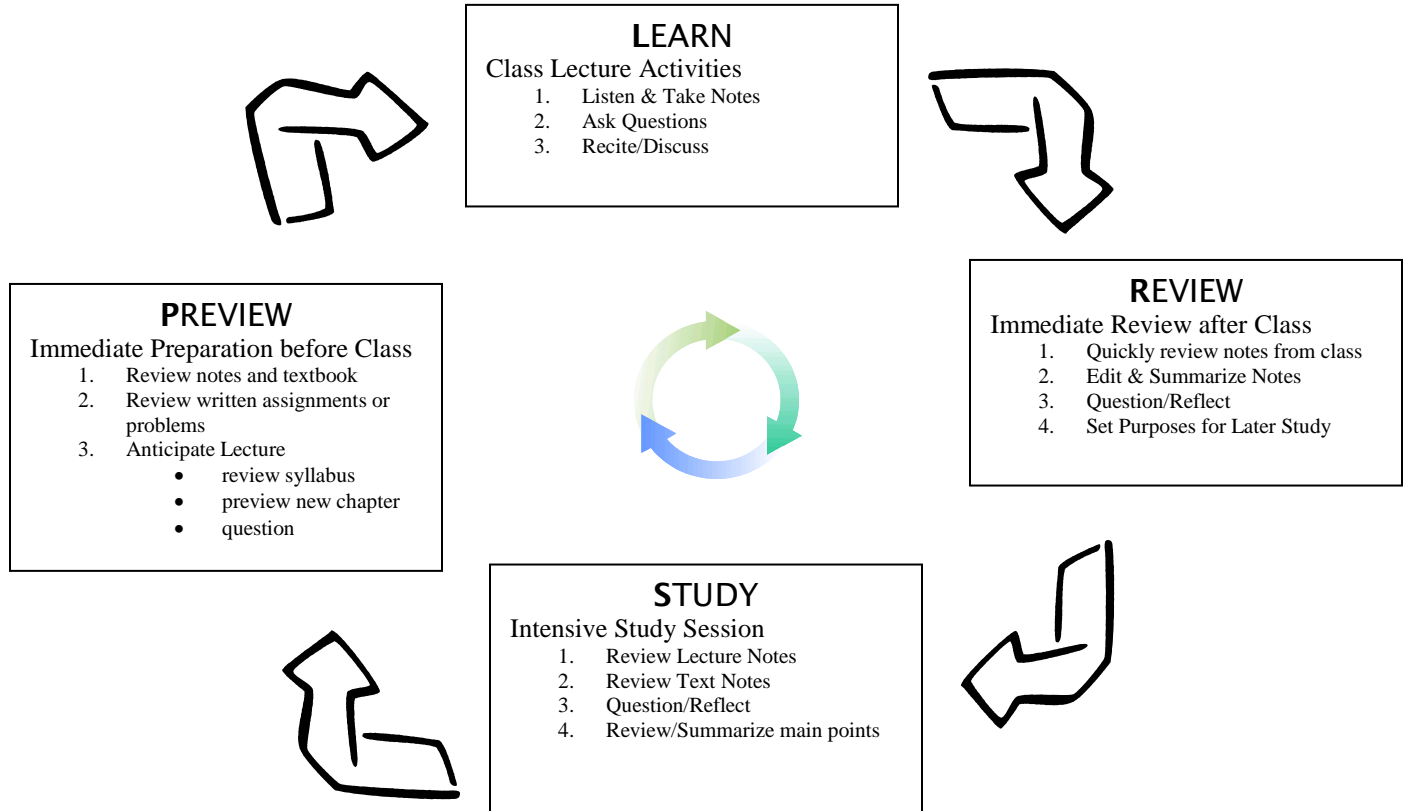


The PLRS Learning Cycle



1. **Preview:** Just as you warm up before working out, warm up your brain before active learning. Get blood flowing, focus on the subject, and prepare to add material to what you've learned.
2. **Learn:** Work at being an active learner during the class. Pay attention, try to relate new material to previously learned material, and take notes/ participate in discussions.
3. **Review:** Similar to stretching at the end of a work out, a quick review reminds your brain of what you've learned and prepares it to (a) store it long term and (b) let you access it when needed.
4. **Study:** Think of your lecture as your cardio and studying as weight lifting. Studying beefs up your brain, keeping you active and fresh, remembering material and asking questions about things you don't understand. Weekends are great for studying because they are natural lulls in learning and provide time, if you plan accordingly.

By following the recommendations of the PLRS LEARNING CYCLE, you will dramatically increase the number of times you work at learning with little, if any, increase in your total study time. Some students will probably spend less time in the intensive study sessions because of the class previews and reviews that conclude each week's course work. Remember—CONTROL over your time begins when you sign up for classes. The number of courses you take and how class hours are arranged determine to a great extent your study schedule. The key to efficient, effective learning lies in following the PLRS LEARNING CYCLE.

Success with PLRS Learning Cycle

Ideally, your study cycle begins on the first day of class! You'll read your syllabus, note your course schedule (assignments, exams, projects) in your planner, and begin learning! This method asks that you start at the beginning, but any time is a good time to learn successfully!

- I.** **Starting Off** on the Right Note
 - a. Schedule class, work, and study time into your planner
 - b. Read your syllabus for each course
 - c. Note readings, assignments, exams, and projects in your planner
 - d. Schedule in time to prep for big projects and exams
 - e. Contact classmates to form a study or small tutoring group

- II.** **Prepare:** Week Beginning (1-2 hours)
 - a. Read the syllabus/assignment sheet
 - b. Look for specific learning outcomes/ questions to answer
 - c. Read assigned materials (textbook, articles; etc.) using SQ3R
 - i. Survey, Question, Read, Reflect, Review

- III.** **Preview:** Immediate Prep Before Class (15 min.)
 - a. Review notes
 - b. Review written assignments or problems
 - c. Anticipate Lecture
 - i. review syllabus
 - ii. preview new chapter
 - iii. question

- IV.** **Learn:** Class/ Lab Active Learning (50-75 min)
 - a. Listen & take notes
 - b. Note, then ask questions
 - c. Participate in discussions

- V.** **Review:** Immediate Review After Class (10 min)
 - a. Quickly skim notes from class
 - b. Edit/ summarize
 - c. Set purpose for later study

- VI.** **Study:** Intensive Study Sessions (1 hr)
 - a. Review lecture notes
 - b. Review text notes
 - c. Summarize main points
 - d. Create/ complete study guides