**The Learning Process**

***Before Class***

Preview:
Skim the chapter: note headings and boldface words, review summaries and chapter objectives. Come up with questions you’d like the lecture to answer for you.

 ***During Class***

 **Attend class**.
Answer and ask questions and take meaningful notes.

***After Class***

 **Review after class as soon as possible**.
Read the notes, fill in gaps and note any questions.

**Study** – Repetition is the key. Ask questions “why”, “how”, and “what if”.

**Power Study Hour**\* - 3-5 short sessions per day.

**Weekend Review** – Read notes and material from the week to make connections.

**Assess your Learning** – Periodically perform reality checks. Use Deep Study Strategies \*(See Back.) Ask yourself “Am I using study methods that are effective?” and “Do I understand the material enough to teach it to others?”



Power Study Hour

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Power Study Hour