

Academic Success Center

Study Process

Prep

Daily

Weekly

Check

Studying is consistently engaging with a subject in order to gain knowledge, deepen understanding, and develop skills related to that subject. The Study Process is about devoting time and attention to building that knowledge. Assessing your understanding and progress, making adjustments, and seeking additional resources and support are necessary to developing effective learning habits and skills.

Four components: **Prep**, **Daily**, **Weekly**, and **Check**

Each component has action items and activities that support learning and academic success.

Prep

- **Focus** is on organization and planning
- **Ask yourself:** “What do I need to do to get ready for the semester? For the week? For the class?”

Daily

- **Focus** is on previewing, attending, and reviewing
- **Ask yourself:** “How am I going to give time and attention to learning new course material?”

Weekly

- **Focus** is on engaging with the material
- **Ask yourself:** “What can I do to practice course material and summarize in my own words?”

Check

- **Focus** is on checking for understanding
- **Ask yourself:** “Do I understand the concepts and am I prepared to demonstrate my understanding?”