

Academic Success Center

Study Process

Prep

Daily

Weekly

Check

You've probably noticed that studying in college is different than studying in high school. What does studying mean to you?

The Study Process includes:

- Devoting time and attention to building knowledge
- Assessing your understanding
- Assessing your progress
- Making appropriate adjustments
- Using additional resources and support

The Study Process has four components:

Prep

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

Weekly

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

Check

- **Focus:** checking for understanding
- **Ask yourself:** "Do I understand the concepts? Am I prepared to demonstrate my understanding?"