



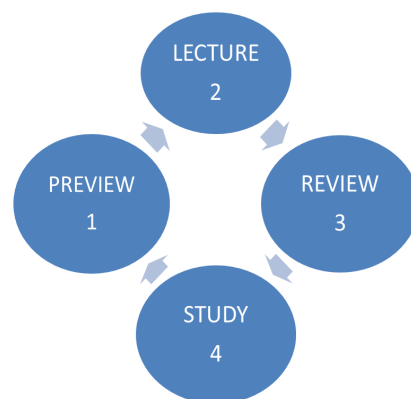
## PLRS Learning Cycle

Source: 1982 Frank L. Christ & 1997 H&H Publishing

This Learning Cycle is based on the latest research and will dramatically increase your academic success when you follow all of the recommendations for each of the 4 phases in the PLRS Learning Cycle.

**PREVIEW** Look at the diagram of the PLRS Learning Cycle above and note that Phase 1, "Preview", occurs immediately before or as soon as possible before each class or lab. It is similar to a warm-up before a physical activity or artistic performance. It gets you "psyched up" for the class or lab. It gets you ready to listen, to perform, to understand the content of the class or lab. It promotes learning connections between what you have learned before to what you are about to learn. This readiness, which should take no more than 5 to 10 minutes, is specific to your class or lab as you do the following four preview tasks:

- Review syllabus for today's class agenda
- Review your notes from the previous class
- Review reading notes and/or chapter summaries
- Proofread written assignment that are due today



**Always bear in mind that your own resolution to succeed is more important than any other.**

~ Abraham Lincoln

**LECTURE** Having performed the four activities of the "Preview", you are ready for your class lecture or lab. In this phase, you will be listening and making notes as your instructor lectures. You will be asking questions based on your recent review of the previous lecture's notes and the assigned reading for this lecture session. You will feel confident to answer your instructor's questions, to discuss aspects of the lecture's content, and should there be an impromptu quiz, you will be ready for it. Your role during the lecture becomes an active and interactive one because you specifically got ready to learn.

**REVIEW** This third phase, "Review", should take place immediately after or as soon as possible after the lecture. It is an active response to the lecture activity promoting recall and reorganization of this lecture and preparing you for later intensive study of the course material. If you cannot do this review until many hours after the lecture, then make this review a "must do" before you begin reading your next class assignment. This review reinforces the old lecture material and links it to new material. Failure to master the old learning can result in a lack of understanding as you read the next chapter or listen to the next course lecture. Specifically, for this "Review" phase, you will do two activities:

- Edit and summarize your notes. Ideally this should be done with another student. Both of you will benefit from the sharing and interaction.
- Plan your class assignments as to time, duration, and mode of learning while its details are still fresh in your mind.

**STUDY** The final phase in the PLRS Learning Cycle, "Study", normally occurs the night before the next class lecture. For example, study Tuesday evening for a Wednesday class, Sunday evening for a Monday class. Always begin your study period with a brief review of the latest lecture notes. Use a study-reading technique such as SQ3R, Mapping or Outlining to organize the material for mastery. Write out questions and personal reactions to your study reading for clarification and discussion in the next lecture class.


If you have 3 Chemistry lectures and one lab a week, using the PLRS Learning Cycle, you will be actively learning Chemistry 17 times a week (4 Previews, 4 Lectures, 4 Reviews, 4 Study Periods and 1 Weekly Review/Preview) instead of the traditional 8 times (4 Lecture and 4 Study Periods).

Cramming before major tests will be replaced by previews and reviews and the Weekly cumulative Review / Preview that concludes each week's course work.



# March 2015

Deaf Interpreter available upon request. Contact : Lisa Sadowski (sadowskil@gtc.edu)

Mon	Tue	Wed	Thu	Fri
<b>2</b>  	<b>3 Girl Rising</b> Elkhorn E229 12-2pm <b>Time Management</b> Burlington Rm 122 2-3pm	<b>4 Student Body Language</b> 12 - 1pm Racine Rm R104 <b>Max Your Strength</b> Ken A228 1-3pm & Rac R222C 10-12pm <b>TAG Elkhorn</b> Elkhorn E229 3pm <b>TAG Kenosha</b> LSC Rm A113C 3pm <b>TAG Racine</b> LSC Rm L100E 2pm	<b>5 Student Body Language</b> Elkhorn Student Life Center 12-1pm <b>Diversity I.Q.</b> Burl 100 2-3pm <b>Deaf Awareness</b> Elkhorn E229 10am <b>Mood Matters</b> Ken A130 11-12pm	<b>6</b>
<b>9 Spring Break</b>	<b>10 Spring Break</b>	<b>11 Spring Break</b>	<b>12 Spring Break</b>	<b>13 Spring Break</b>
<b>16</b>	<b>17 Girl Rising</b> Kenosha MRC 12-2pm <b>Study Skills Wksp</b> Kenosha MRC 2-3pm <b>Visual Your Goals</b> Racine Lake Huron Room 12 - 2 pm <b>Mood Matters</b> Racine R306A 3-4pm	<b>18 TAG Elkhorn</b> Elkhorn E229 3pm <b>TAG Kenosha</b> LSC Rm A113C 3pm <b>TAG Racine</b> LSC Rm L100E 2pm <b>Study Skills Wksp</b> iMET 401 12-1pm	<b>19 Transfer Fair</b> Elkhorn 10am - 1pm Kenosha 3-6pm <b>Study Skills Wksp</b> Racine MRC 10-1pm	<b>20 Diversity I.Q.</b> Racine R301 12-1pm <b>Bowling Fun!</b> Town & Country Lanes in Burlington on <b>SUNDAY 3/22 @ 11:45</b> for bowling & pizza
<b>23 Team EXCEED</b> 3:30 pm to 5:00 pm Elkhorn Rm E229 Racine Rm R222B Ken Rm A202	<b>24 USG Meeting</b> 12 - 1pm Districtwide <b>Girl Rising</b> Racine MRC 1-3pm	<b>25 Mood Matters</b> Burl 122 9-10am <b>TAG Meeting</b> Elkhorn E229 3pm <b>TAG Kenosha</b> LSC Rm A113C 3pm <b>TAG Racine</b> LSC Rm L100E 2pm	<b>26</b>	<b>27</b>
<b>30</b>	<b>31 Deadline to Apply for Graduation</b>  <b>Max Your Strength-</b> Burlington 212 1-3pm			

## FOR MORE INFORMATION PLEASE CONTACT:

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