

## The PLRS Learning Theory Cycle

The PLRS Learning Theory Cycle is one tool that academic coaches have as a theory-based tool when working with students. This can help with assisting students to improve their study approach. The following is adapted from Frank Christ's PLRS Cycle (University of Idaho, 2011):

**PREVIEW.** This immediate preparation before class is similar to a warm-up. It develops a specific readiness before a class by going over previous lecture notes and textbook study notes. Written assignments and problems are proof-read before being turned in.

**LECTURE.** Formal learning begins or is extended in the lecture hall where students and instructors engage in dialogue. Through efficient listening/note taking techniques and by means of incisive questions, frequent recitations, and lively discussion, learning takes place in a dynamic atmosphere.

**REVIEW.** This active response to classroom learning includes both recall and reorganization of the lecture and preparation for later intensive study. It should take place as soon after class as possible. This review requires that lecture notes be edited and summarized and that any class assignments be planned while its details are still fresh in the mind. The review following each course's final weekly class session can be expanded into a full review of all material covered in the past weeks (assignments and lectures).

**STUDY.** This intensive session occurs normally the night before the next class lecture. It begins with a brief review of the latest lecture notes. Then the textbook assignment is overviewed and mastered with a study-reading technique such as Survey-Question/Study-Read/Summarize-Test. Questions and personal reactions to the study-reading should be written down to be brought up for clarification and discussion in class.

By following the recommendations of the PLRS Learning Cycle, students will increase dramatically the number of times they work at learning with little, if any, increase in their total study time. Some students will probably spend less time in the intensive study sessions because of the class previews and reviews. Cramming before major test will be replaced by the weekly cumulative reviews that include each week's course work. Remember, *CONTROL* over a student's time begins when signing up for classes. The number of courses students take and how class hours are arranged determine to a great extent their study schedule.

