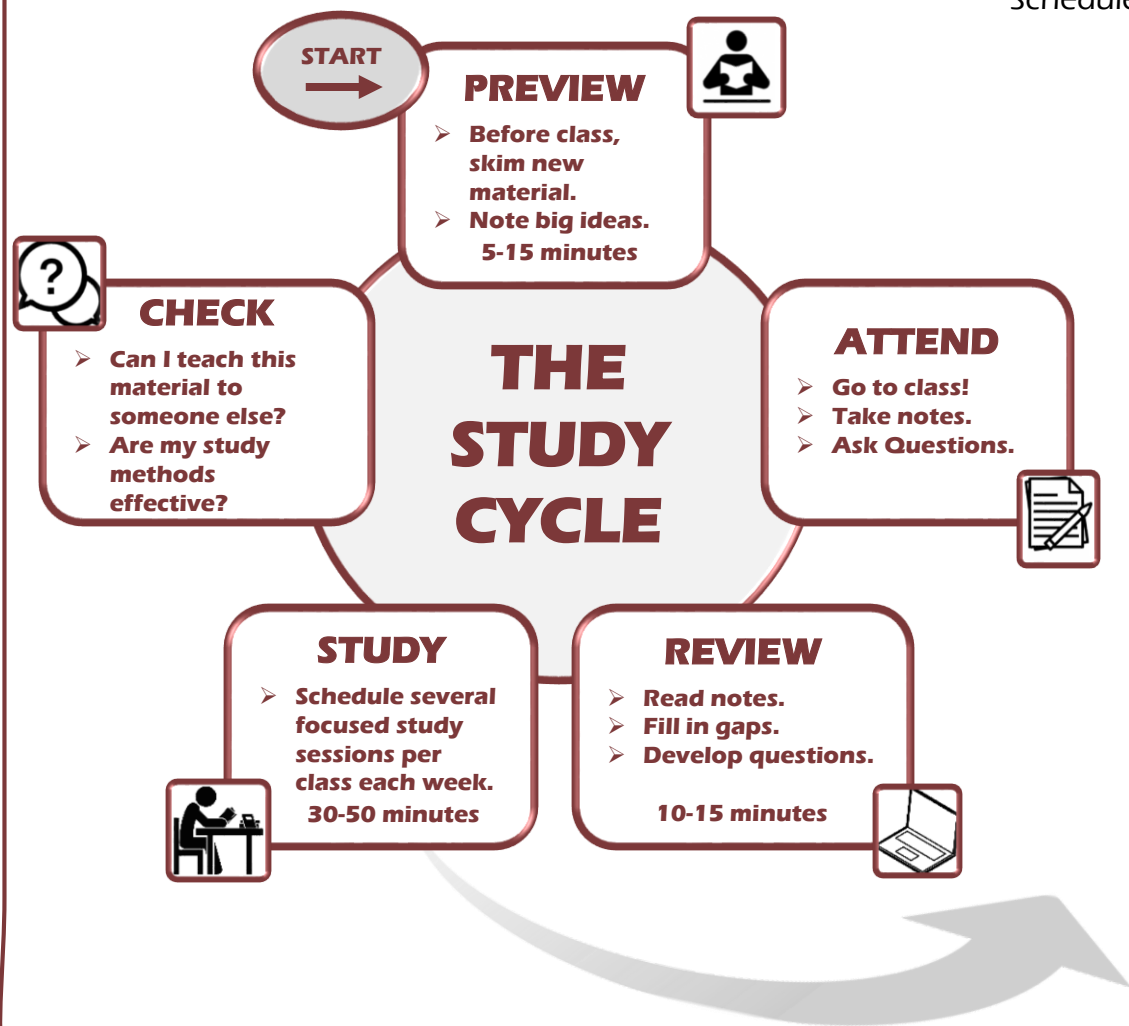




FOCUSED STUDY SESSIONS

THE STUDY CYCLE

Focused Study Sessions are designed to work with the way your brain learns best: in short, focused increments. Schedule several focused study sessions per class each week.



PLAN

Decide what you will accomplish in your study session and get started.
1-2 minutes

STUDY

Interact with material: organize, concept map, summarize, process, read, work problems.
30-50 minutes

BREAK

Step away from material to clear your head.
5-10 minutes

RECAP

Go back over, summarize, wrap-up, and check what you studied.
5 minutes.

CHOOSE

Should I continue studying?
Should I take a break?
Should I change tasks or subjects?