THE STUDY CYCLE
The Path to Improving Study Techniques

FOCUSED STUDY SESSIONS
Focused Study Sessions (FSSs) 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.
  - (Suggested time: 1 - 2 minutes)

- **STUDY**
  - Interact with material: organize, concept map, summarize, process, read, work problems.
  - (Suggested time: 30 - 50 minutes)

- **BREAK**
  - Step away from material to clear your head.
  - (Suggested time: 5 - 10 minutes)

- **RECAP**
  - Go back over, summarize, wrap-up and check what you studied.
  - (Suggested time: 5 minutes)

- **CHOOSE**
  - Should I continue studying?
  - Should I take a break?
  - Should I change tasks or subject?