

## THE STUDY CYCLE

## **FOCUSED STUDY SESSIONS**

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.

**START PREVIEW** Before class, skim new material. Note big ideas. 5-15 minutes

**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?

### CHECK

- Can I teach this material to someone else?
- Are my study methods effective?

# THE

STUDY

CYCLE

#### **ATTEND**

- Go to class!
- Take notes.
- Ask Questions.

### **STUDY**

Schedule several focused study sessions per class each week. 30-50 minutes

### **REVIEW**

- Read notes.
- Fill in gaps.
- **Develop questions.**

10-15 minutes



Adapted from Frank Christ's PLRS system and LSU Center for Academic Success