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.

START

ATTEND

• Go to class!
• Take notes.
• Ask questions.

PREVIEW

• Before class, skim new material.
• Note big ideas.

5-15 minutes

STUDY

Focused Study Sessions

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

30-50 minutes

REVIEW

• Read notes.
• Fill in gaps.
• Develop questions.

10-15 minutes

BREAK

Step away from material to clear your head.

(Suggested time: 5 - 10 minutes)

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)

RECAP

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

(Suggested time: 5 minutes)

CHECK & CHOOSE

• Should I continue studying?
• Should I take a break?
• Should I change tasks or subject?

CHECK

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

5-15 minutes

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