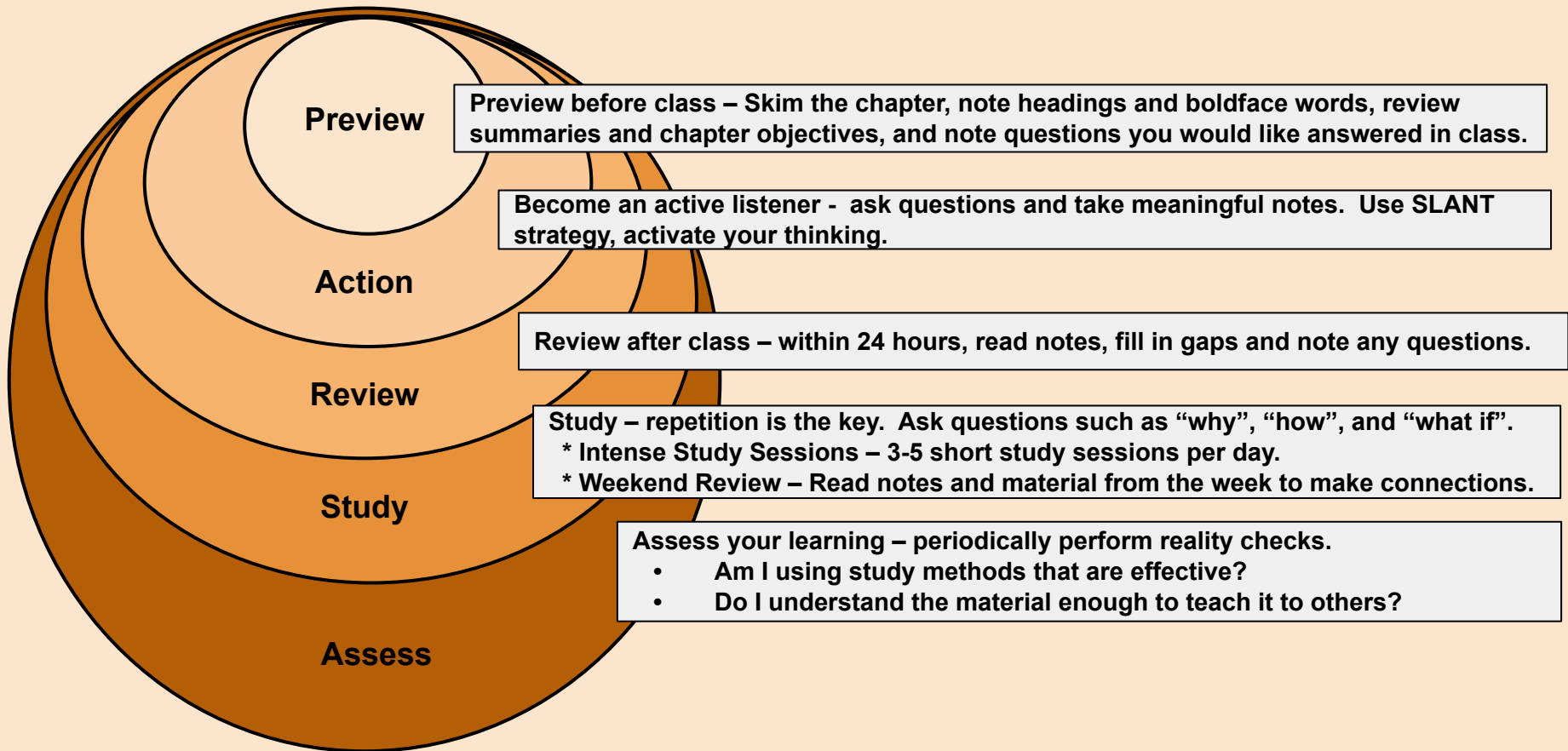


# The Study Cycle



## Intense Study Sessions

- |                     |             |   |
|---------------------|-------------|---|
| 1. Set a Goal       | (1-2 min)   | Decide what you want to accomplish in your study session.   |
| 2. Study with Focus | (20-25 min) | Interact with material – organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc. |
| 3. Reward Yourself  | (10-15 min) | Take a break - call a friend, play a short game, get a snack.   |
| 4. Review           | (5 min)     | Go over what you just studied.  |