**Components of A Focused Study Session**

1. **Plan (1-2 min)**
   - Decide what you will accomplish in your study session.

2. **Study (30-35 min)**
   - Concept map, organize, summarize, read, work problems, etc.

3. **Break (5-10 min)**
   - Step away from the material to clear your head.

4. **Recap (5 min)**
   - Go back over, summarize, wrap-up, and check what you studied.

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

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*Adapted from LSU Center for Academic Success Study Cycle handout.*