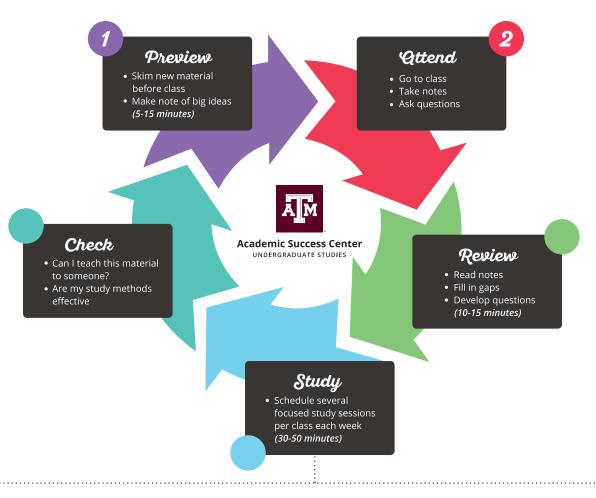
The Study Cycle



Components of A Focused Study Session



Decide what you will accomplish in your study session.

Study (30-35 min)

Concept map, organize, summarize, read, work

problems, etc.

Break

3

(5-10 min)

Step away from the material to clear your head.

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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