

# 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.

# THE STUDY CYCLE

PREVIEW

> Before class, skim new material.
> Note big ideas.
5-15 minutes

THE

STUDY

**CYCLE** 

**PLAN** 

Decide what you will accomplish in your study session and get started.
1-2 minutes

# CHECK

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

#### **ATTEND**

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

## STUDY

Interact with material: organize, concept map, summarize, process, read, work problems. 30-50 minutes



Step away from material to clear your head.
5-10 minutes

### **STUDY**

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

#### **REVIEW**

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

10-15 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?

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