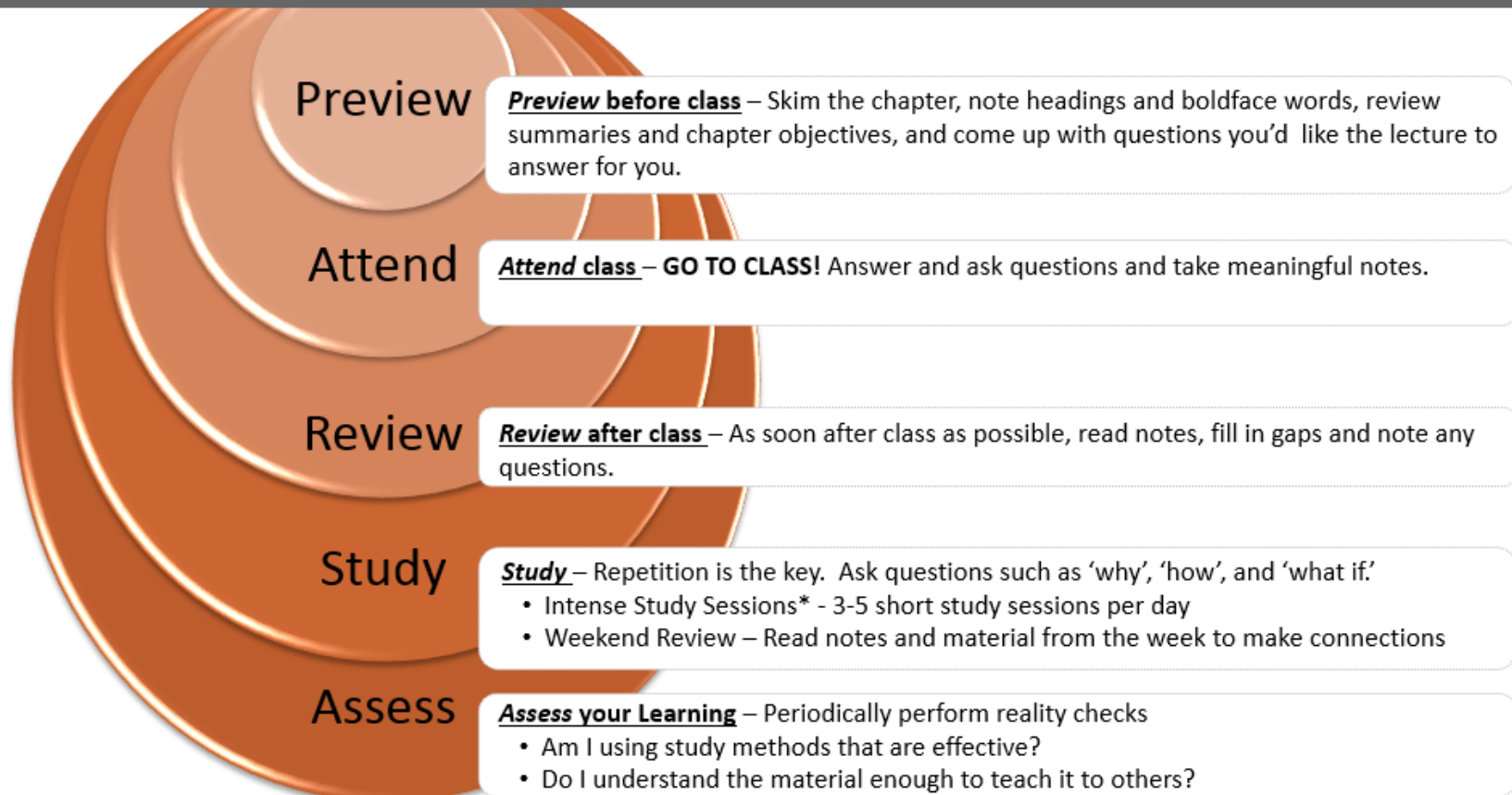


# The Study Cycle



## Intense Study Sessions

1	<b>Set a Goal</b>	1-2 min	<b>Decide what you want to accomplish in your study session</b>
2	<b>Study with Focus</b>	30-50 min	<b>Interact with material-</b> organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc.
3	<b>Reward Yourself</b>	10-15 min	<b>Take a break</b> – call a friend, play a short game, get a snack
4	<b>Review</b>	5 min	<b>Go over what you just studied</b>