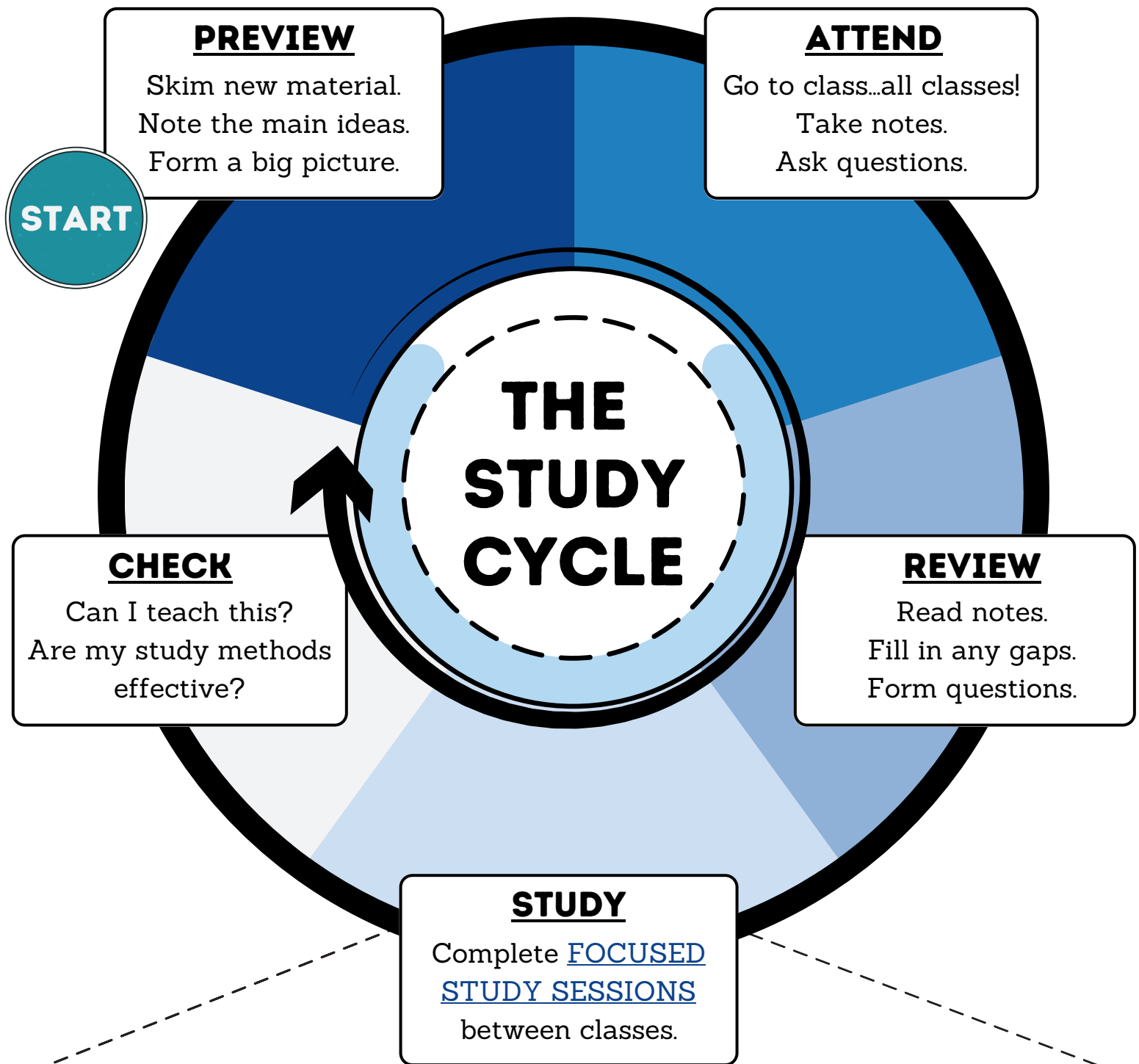


THE STUDY CYCLE: A FIVE-STEP APPROACH TO STUDYING



FOCUSED STUDY SESSION

PLAN (1-2 MIN.)

Set a specific goal for this study session

STUDY (30 - 50 MIN.)

Use effective study strategies to engage with the material. Use concept maps, read for comprehension, work problems, etc. Remember to think critically!

BREAK (5 - 10 MIN.)

Step away to clear your mind and recharge.

RECAP (5 MIN.)

Summarize your learning. Wrap up this study session.

CHOOSE

Continuing studying? Take a longer break?
Change tasks or subjects?