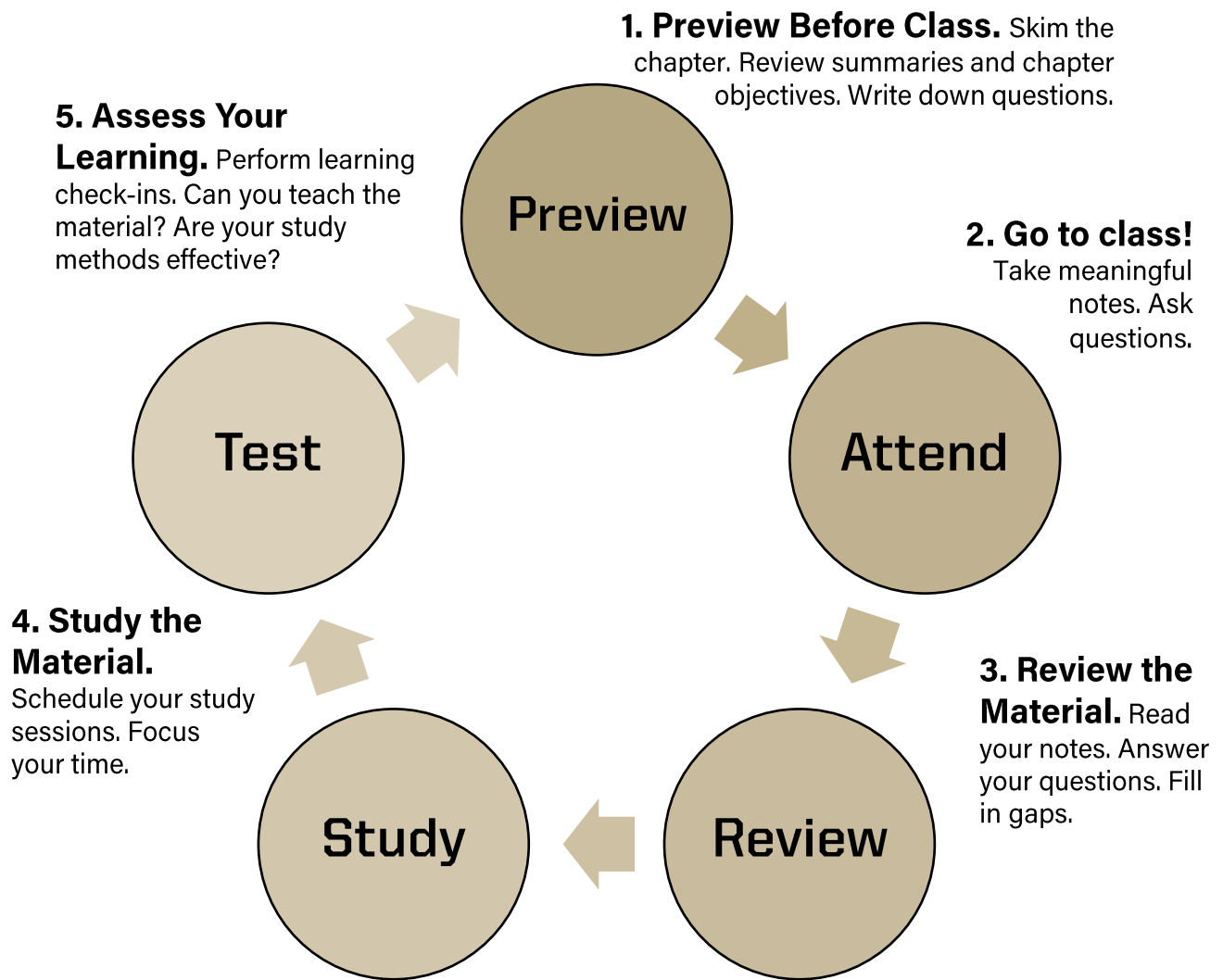


The Study Cycle



INTENSE STUDY SESSIONS

Set a Goal	1-2 minutes
Study with Focus	30-50 minutes
Reward Yourself	10-15 minutes
Review	3-5 minutes

Decide what you want to accomplish.

Interact with the material – organize, concept map, summarize, re-read, reflect, etc.

Take a break – call a friend, go for a walk, make a snack.

Go over what you just studied. Reflect on if you should continue studying, take a break or change tasks/subjects.