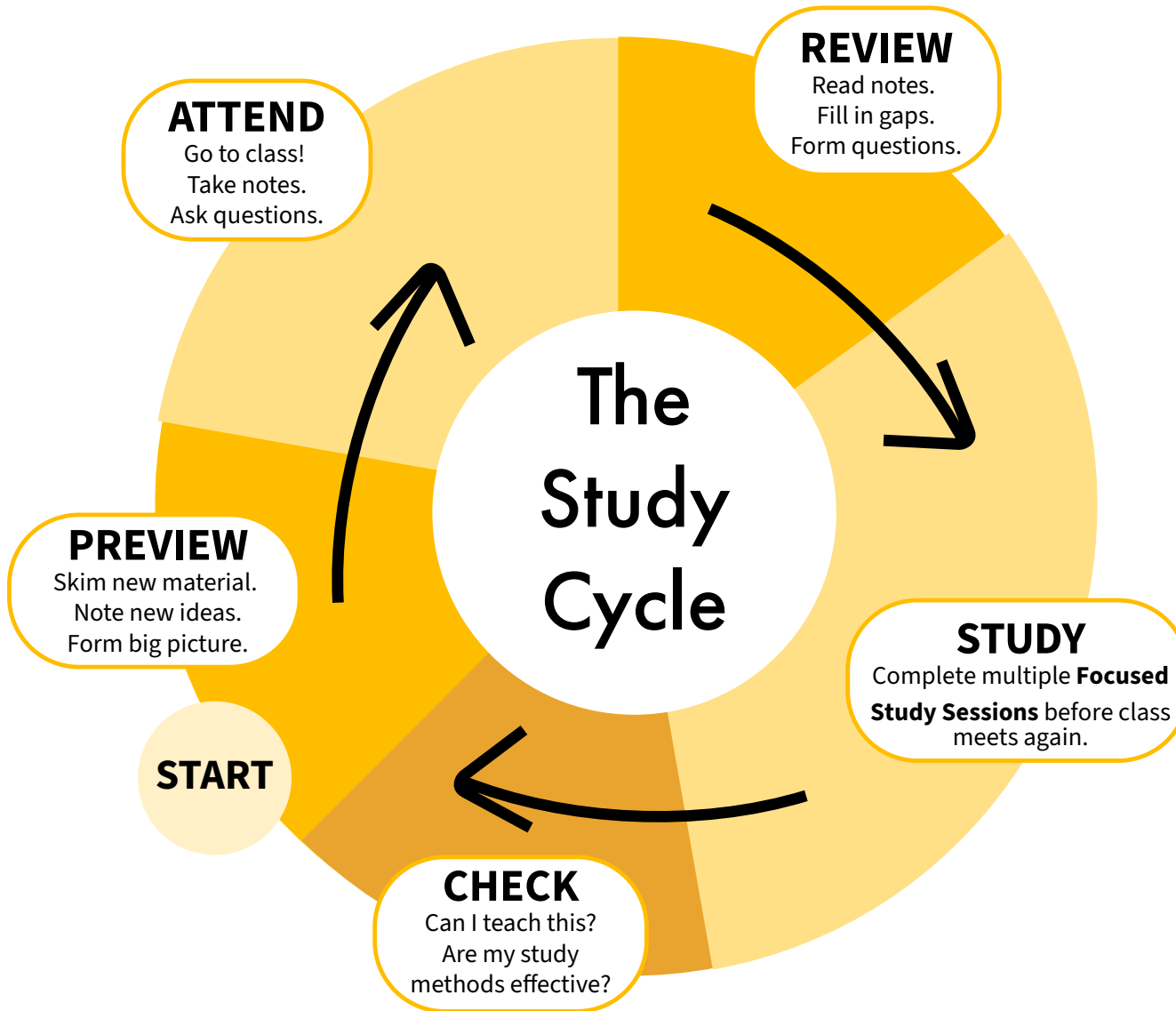


The Study Cycle

Use the study cycle to get the most out of your time, both in class and out of class.



Focused Study Sessions

PLAN

1-2 Minutes.

Set a specific goal.

STUDY

30-50 Minutes

Use effective study strategies by engaging with the material through using concept maps, reading for comprehension, asking yourself practice questions, and other strategies.

Remember to ask *how? Why? What if?*

BREAK

5-10 Minutes

Step away.
Clear your mind.

RECAP

5 Minutes

Summarize.
Wrap-Up.

CHOOSE

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