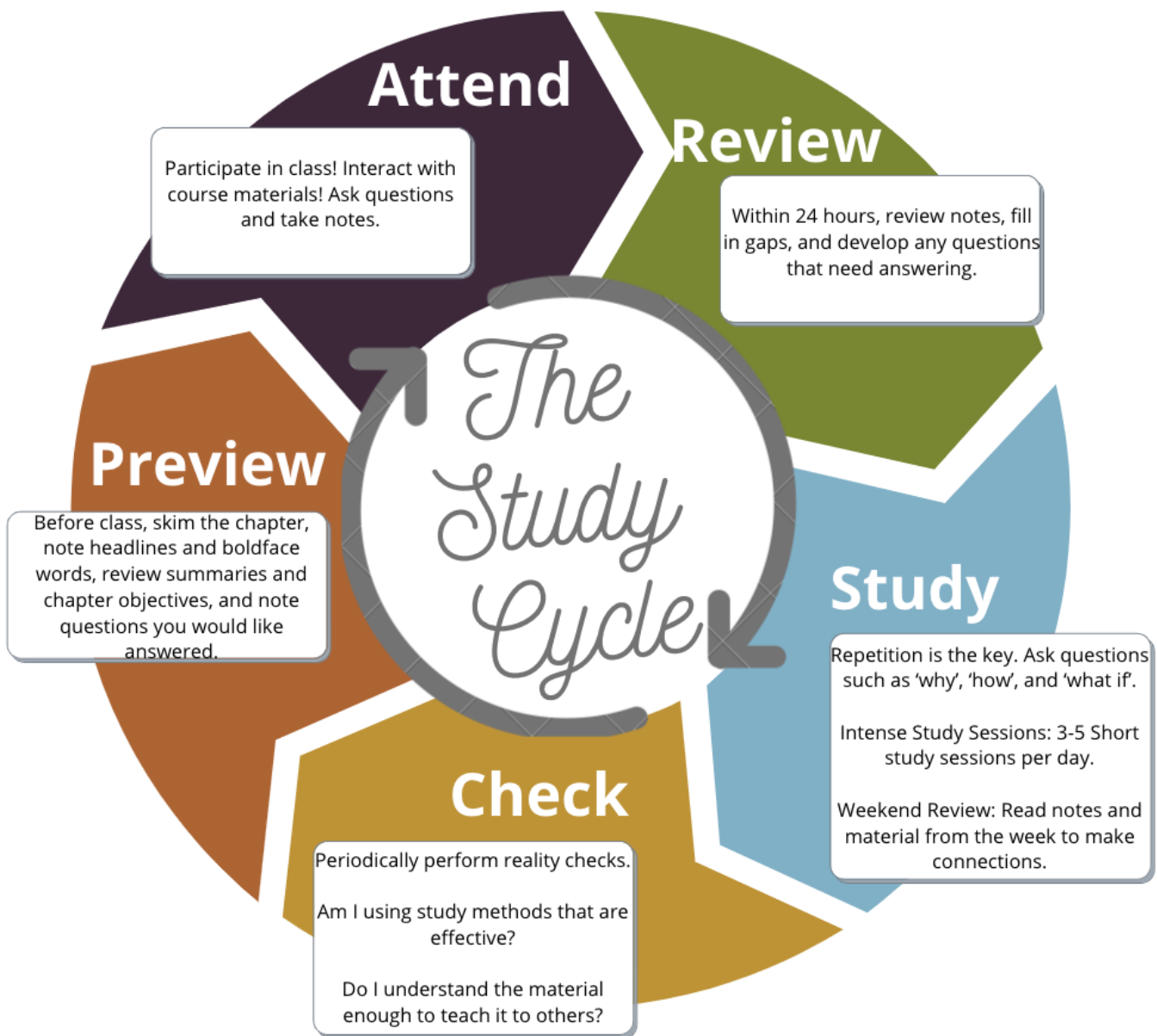


The Study Cycle

The study cycle is a 5-step approach to learning designed to help students become more efficient learners. It works the way your brain learns best. It reinforces new content and builds confidence. The study cycle can be easily adapted to any coursework.



INTENSE STUDY SESSION

Set a Goal	1 – 2 min	Decide what you want to accomplish in your study session.
Study with Focus	30 – 50 min	Interactive with the material – organize, concept amp, summarize, process, re-read, fill-in notes, reflect, etc.
Reward Yourself	10 – 15 min	Take a break – walk around, get a snack, relax
Review	5 min	Go over, summarize and wrap-up what you just studied.

CREATE YOUR STUDY CYCLE



PLAN YOUR INTENSE STUDY SESSION

Intense Study Session Outline	What's your Plan?
Study Objective/Goal <i>(1 – 2 minutes)</i>	
Study Strategies & Tasks <i>(Do these for 30 – 50 minutes)</i>	
Take a Break <i>(10 – 15 minutes)</i>	
Review <i>(5 minutes)</i>	

Intense Study Session Outline	What's your Plan?
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