The Study Cycle

The Path to Improving Study Techniques

FOCUSED STUDY SESSIONS

Focused Study Sessions (FSSs) are designed to work with the way your brain learns best: in short, focused increments. Schedule several focused study sessions per class each week.

START

Adapted from Frank Christ’s PLRS system.
©2015 Louisiana State University, Center for Academic Success

PLAN

Decide what you will accomplish in your study session and get started.
(Suggested time: 1 - 2 minutes)

STUDY

Interact with material: organize, concept map, summarize, process, read, work problems.
(Suggested time: 30 - 50 minutes)

BREAK

Step away from material to clear your head.
(Suggested time: 5 - 10 minutes)

RECAP

Go back over, summarize, wrap-up and check what you studied.
(Suggested time: 5 minutes)

CHECK

• Can I teach this material to someone?
• Are my study methods effective?

ATTEND

• Go to class!
• Take notes.
• Ask questions.

STUDY

Schedule several focused study sessions per class each week. 30-50 minutes

REVIEW

• Read notes.
• Fill in gaps.
• Develop questions.
10-15 minutes

PREVIEW

• Before class, skim new material.
• Note big ideas.
5-15 minutes

THE STUDY CYCLE

Adapted from Frank Christ’s PLRS system.
©2015 Louisiana State University, Center for Academic Success