THE STUDY CYCLE

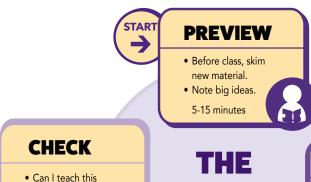
The Path to Improving Study Techniques

FOCUSED STUDY SESSIONS

Focused Study Sessions (FSSs) are designed to work with the way your brain learns best: in short, focused increments.

CENTER & ACADEMIC SUCCESS

Schedule several focused study sessions per class each week.



STUDY CYCLE

ATTEND

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



STUDY

material to someone?

Are my study

methods effective?

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

REVIEW

- Read notes.
- Fill in gaps.
- Develop questions.

10-15 minutes



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)

CHOOSE

- Should I continue studying?
- Should I take a break?
- Should I change tasks or subject?



