The Study Cycle—The Study Cycle is a model for optimal college studying.

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

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

REVIEW 10-15 minutes
- Reread notes.
- Fill in gaps.
- Develop questions.

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

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

Adapted from Frank Christ’s PLRS system.
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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.

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