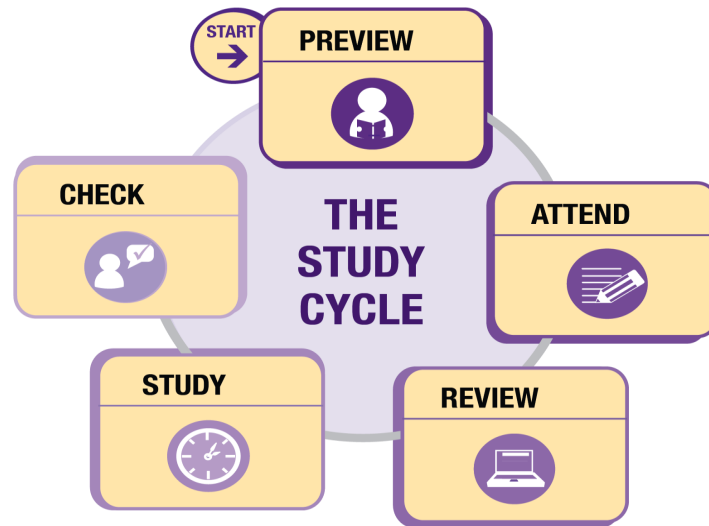


The Study Cycle—The Study Cycle is a model for optimal college studying.



Adapted from Frank Christ's PLRS system.
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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?

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PLAN	1-2 min.	Decide what you will accomplish in your study
STUDY	30-50 min.	Interact with material: organize, concept map, summarize, process, re-read.
BREAK	5-10 min.	Step away from material to clear your head.
RECAP	5 min.	Go back over, summarize, wrap-up and check
CHOOSE		<ul style="list-style-type: none"> • Should I continue studying? • Should I take a break? • Should I change tasks or subject?



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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