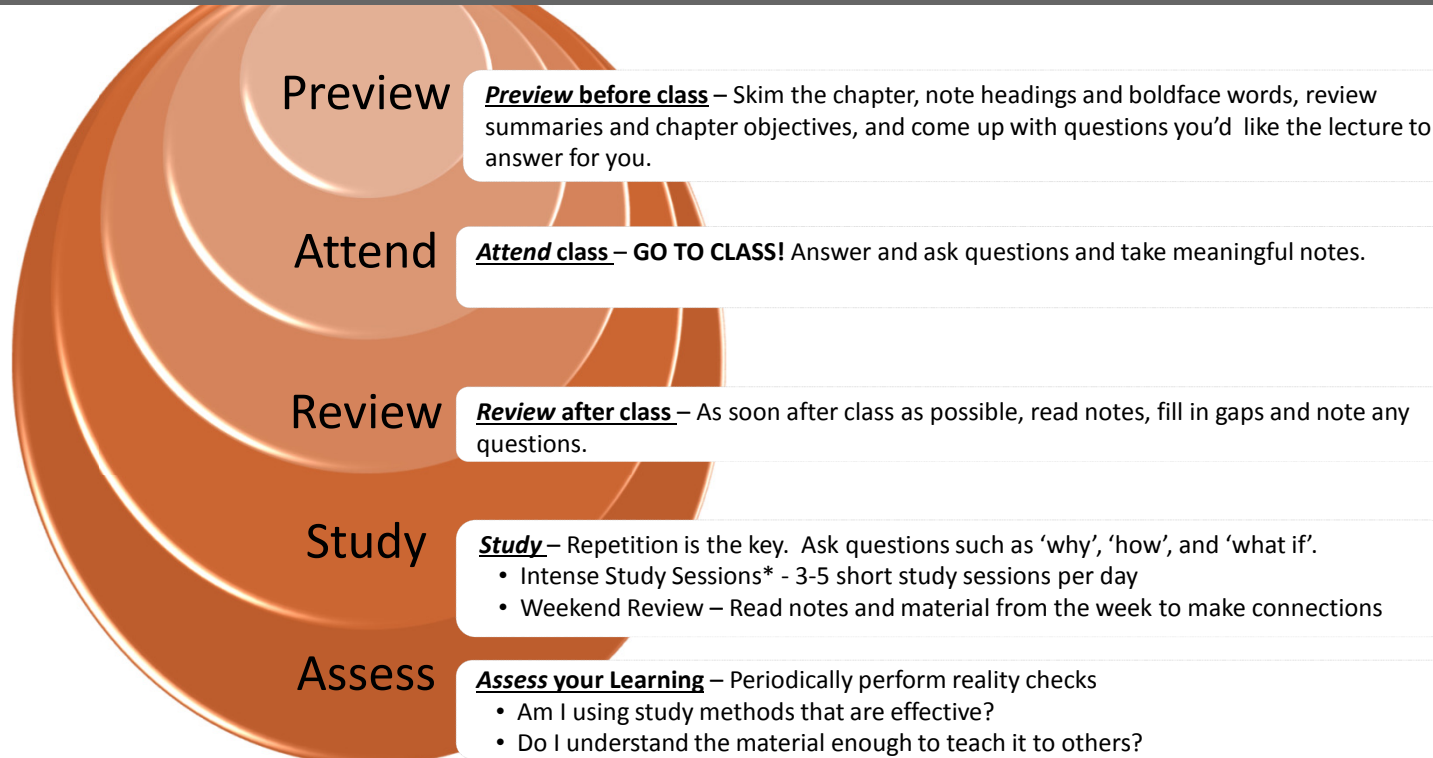


The Study Cycle



Intense Study Sessions

1	Set a Goal	1-2 min	Decide what you want to accomplish in your study session
2	Study with Focus	30-50 min	Interact with material - organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc.
3	Reward Yourself	10-15 min	Take a break – call a friend, play a short game, get a snack
4	Review	5 min	Go over what you just studied