## 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.

CENTER & ACADEMIC SUCCESS

PL

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)

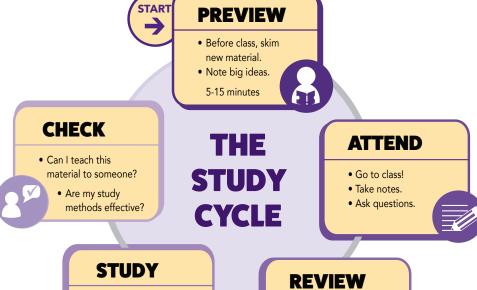
CHOOSE

2

• Should I continue studying?

• Should I take a break?

• Should I change tasks or subject?



• 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

Schedule several

focused study sessions

30-50 minutes

per class each week.



