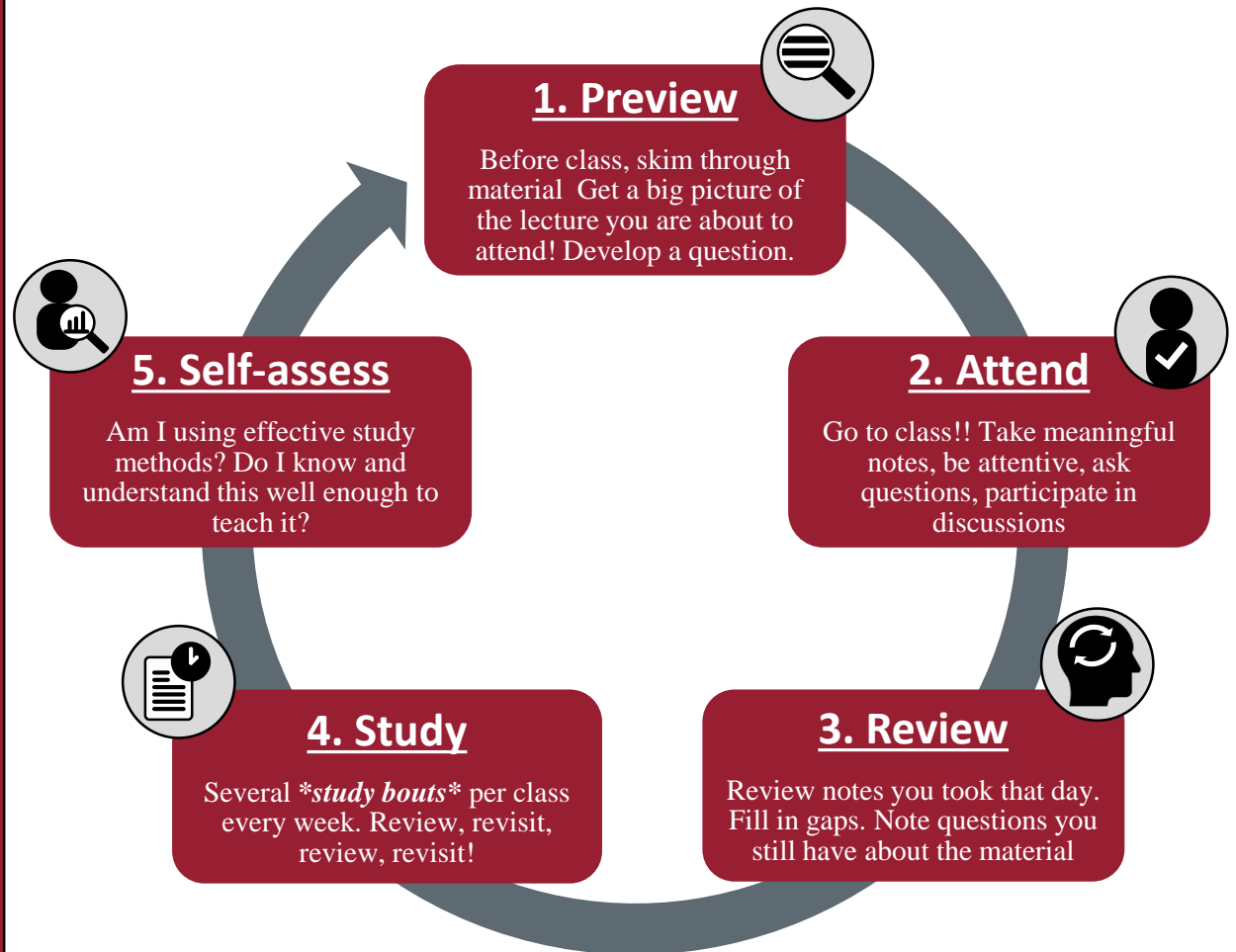


# The Study Cycle



## \*Frequent Study Bouts\*

1	<b>Set a goal</b>	(1 – 2 min)	<b>Decide what you want to accomplish during your study session.</b>
2	<b>Study with focus</b>	(30 – 50 min)	<b>Interact with material</b> – organize, concept map, fill-in notes, re-read, summarize.
3	<b>Reward yourself</b>	(10 – 15 min)	<b>Take a break</b> – give your brain time to rest.
4	<b>Review</b>	(5 min)	<b>Go over what you just studied.</b>

