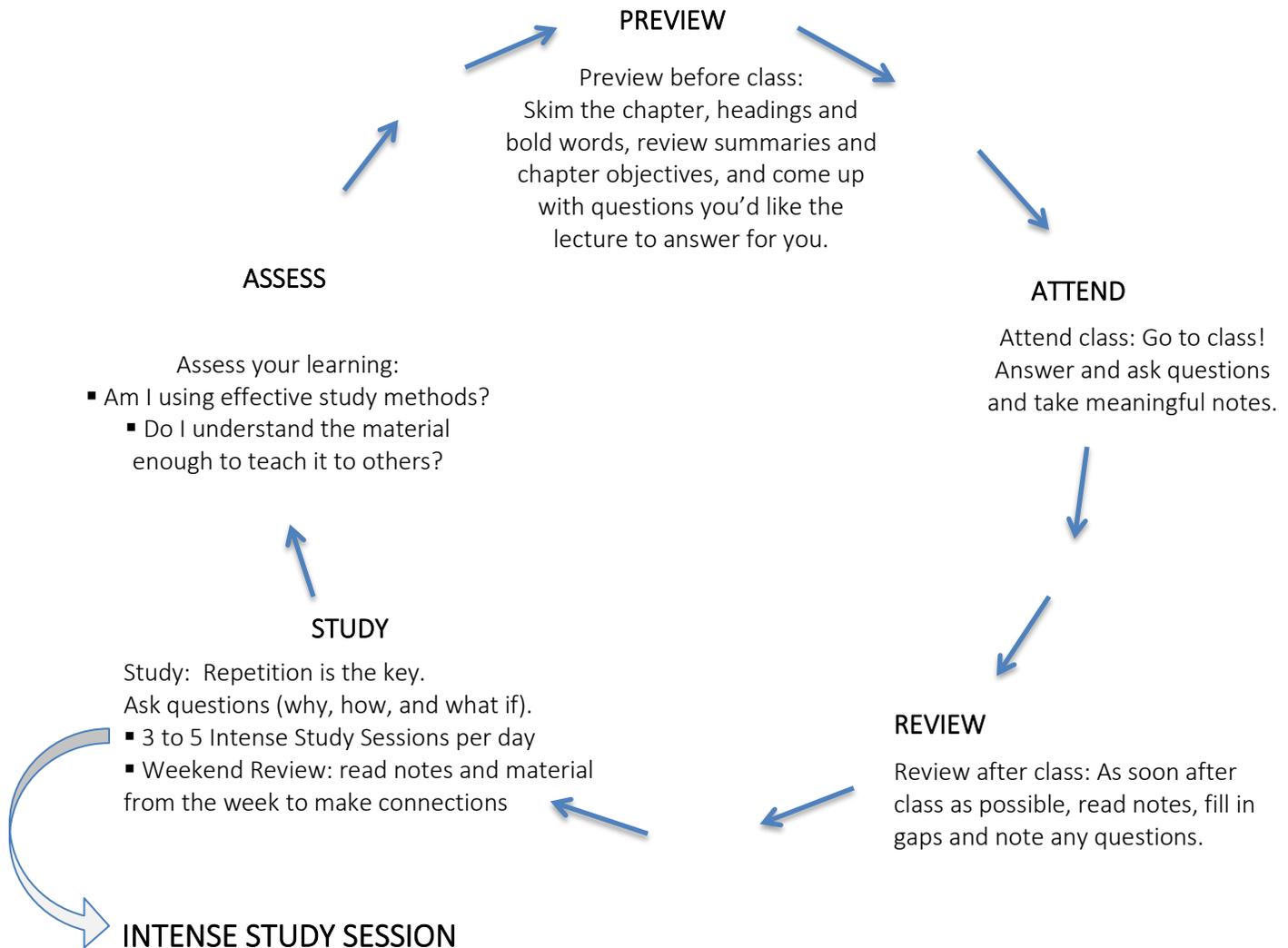


THE STUDY CYCLE



SET A GOAL

- 1-2 minutes
- Decide what you want to accomplish in your study session

STUDY WITH FOCUS

- 30-50 minutes
- Interact with material (organize, concept map, summarize, process, re-read)

REWARD YOURSELF

- 10-15 minutes
- Take a break

REVIEW

- 5 minutes
- Go over what you just studied

From the Center for Academic Success at LSU