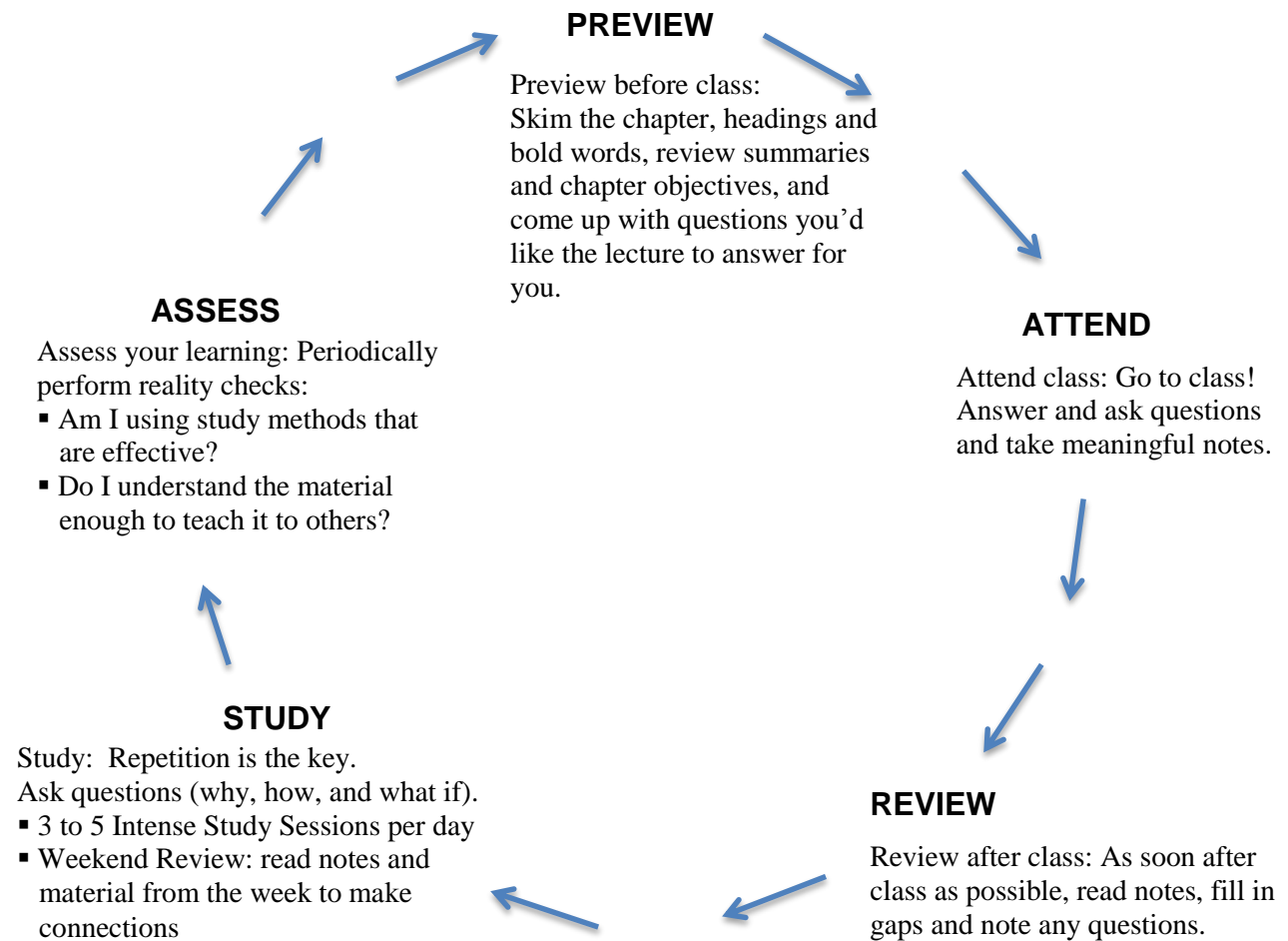


# THE STUDY CYCLE



## INTENSE STUDY SESSION

- 1. SET A GOAL**  
1-2 minutes  
Decide what you want to accomplish in your study session
- 2. STUDY WITH FOCUS**  
30-50 minutes  
Interact with material (organize, concept map, summarize, process, re-read)
- 3. REWARD YOURSELF**  
10-15 minutes  
Take a break
- 4. REVIEW**  
5 minutes  
Go over what you just studied

From the Center for Academic Success at LSU