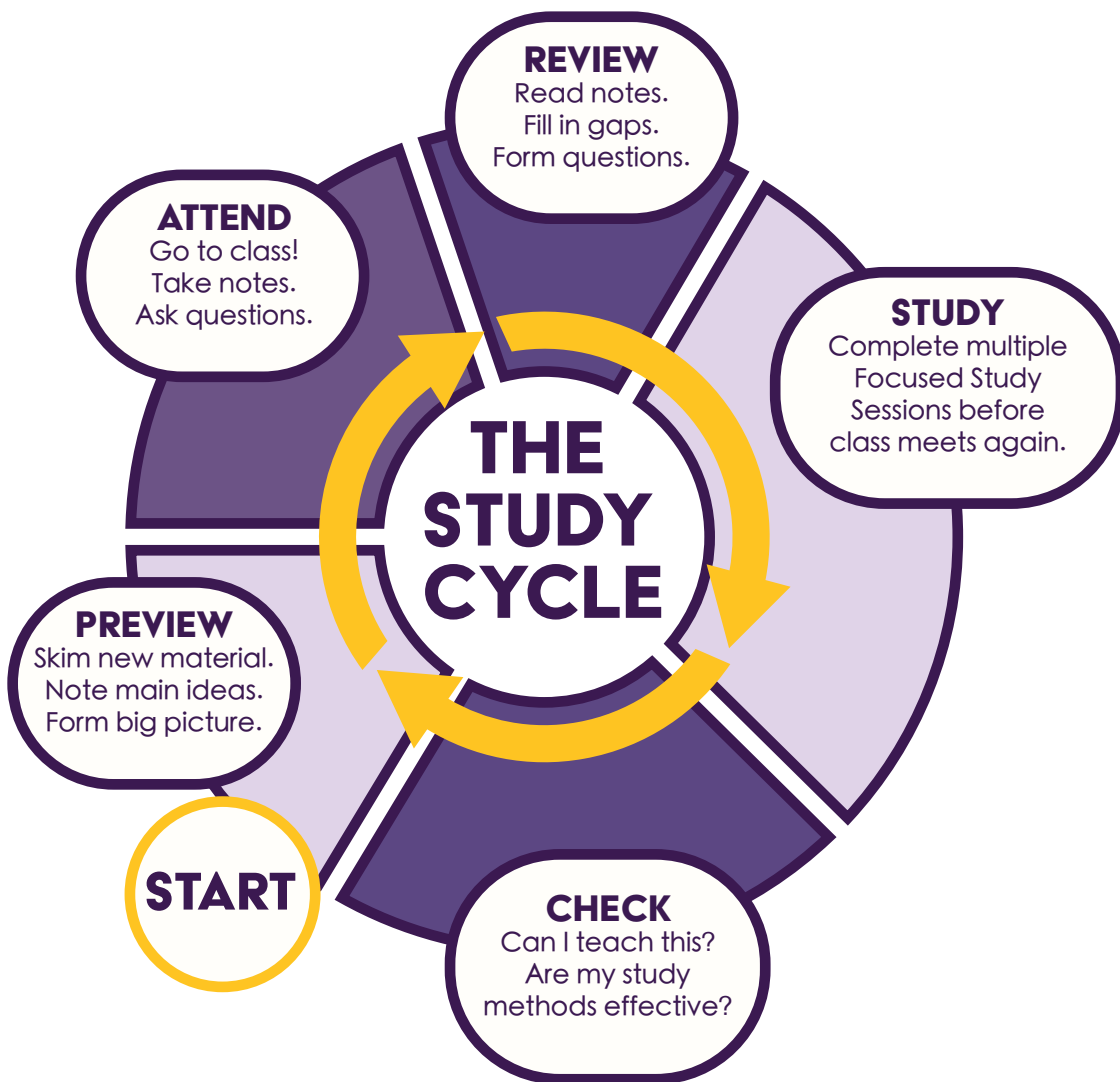


# THE STUDY CYCLE

Use the study cycle to get the most out of in-class time and to structure your out-of-class time.



## FOCUSED STUDY SESSION

Schedule as many study sessions as needed to master the material.

### PLAN

1-2 minutes

Set a specific goal.

### STUDY

30-50 minutes

Use effective study strategies to deeply engage with the material by using concept maps, reading for comprehension, working problems and more.

### BREAK

5-10 minutes

Step away. Clear your mind.

### RECAP

5 minutes

Summarize. Wrap up.

### CHOOSE

Continue studying?  
Take a longer break?  
Change tasks or subjects?

Adapted from Frank Christs PLRS system.

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