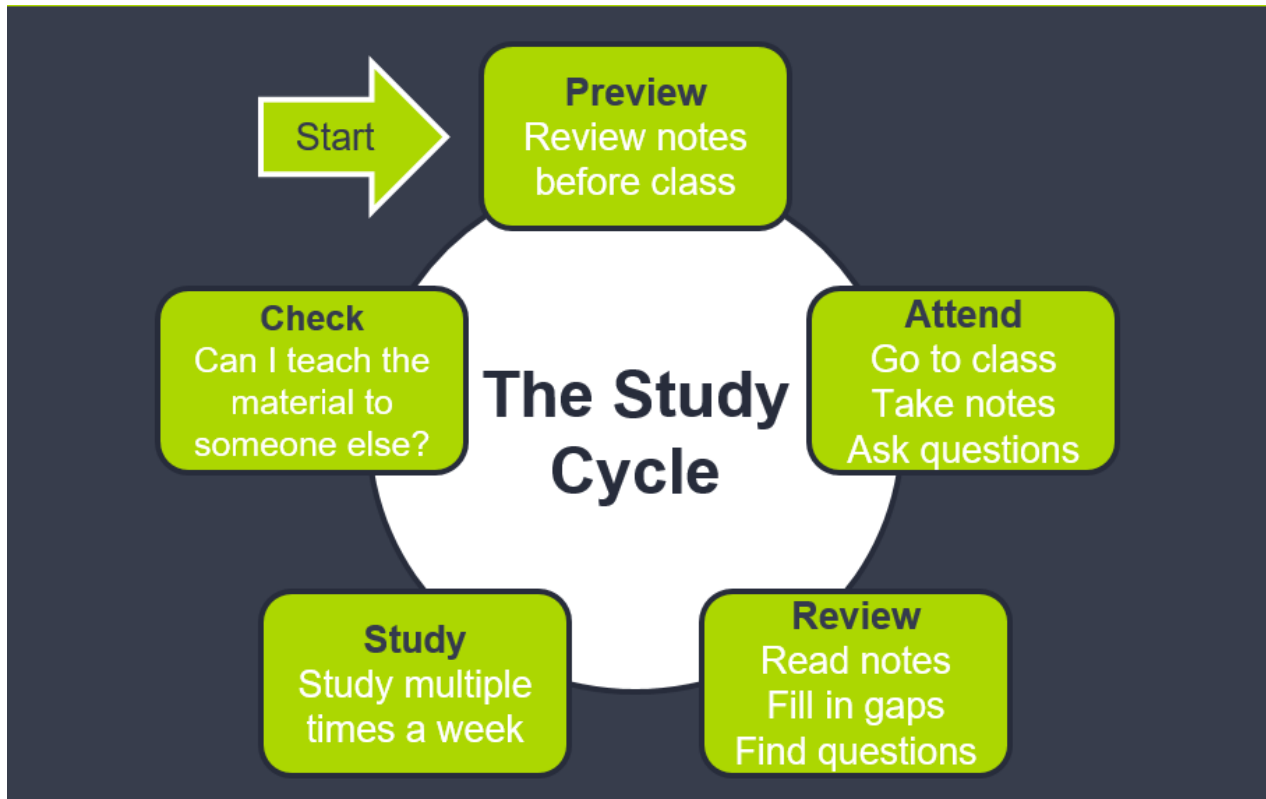


The Study Cycle

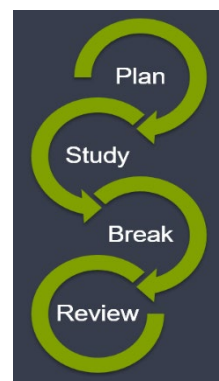
The Study Cycle is used by successful college students across the country to improve retention and stay on track in class.



Focused Study Sessions

Planning study sessions helps us keep track of our progress and work more efficiently to retain information without exhausting ourselves. The amount of time you spend on each step is adaptable, but we've included sample times for your reference.

1. Plan – Spend a few minutes determining what you want to finish during this session. (2-5 mins)
2. Study – Cover the material with focus until you've complete one or more planned chunks of the task. (20-50 mins)
3. Break – Take a brief pause to clear your mind. (5-15 mins)
4. Review – Go back through the material before moving on. (5-10 mins)



Adapted from Frank Christ's PLRS system and LSU's Center for Academic Success's "The Study Cycle."