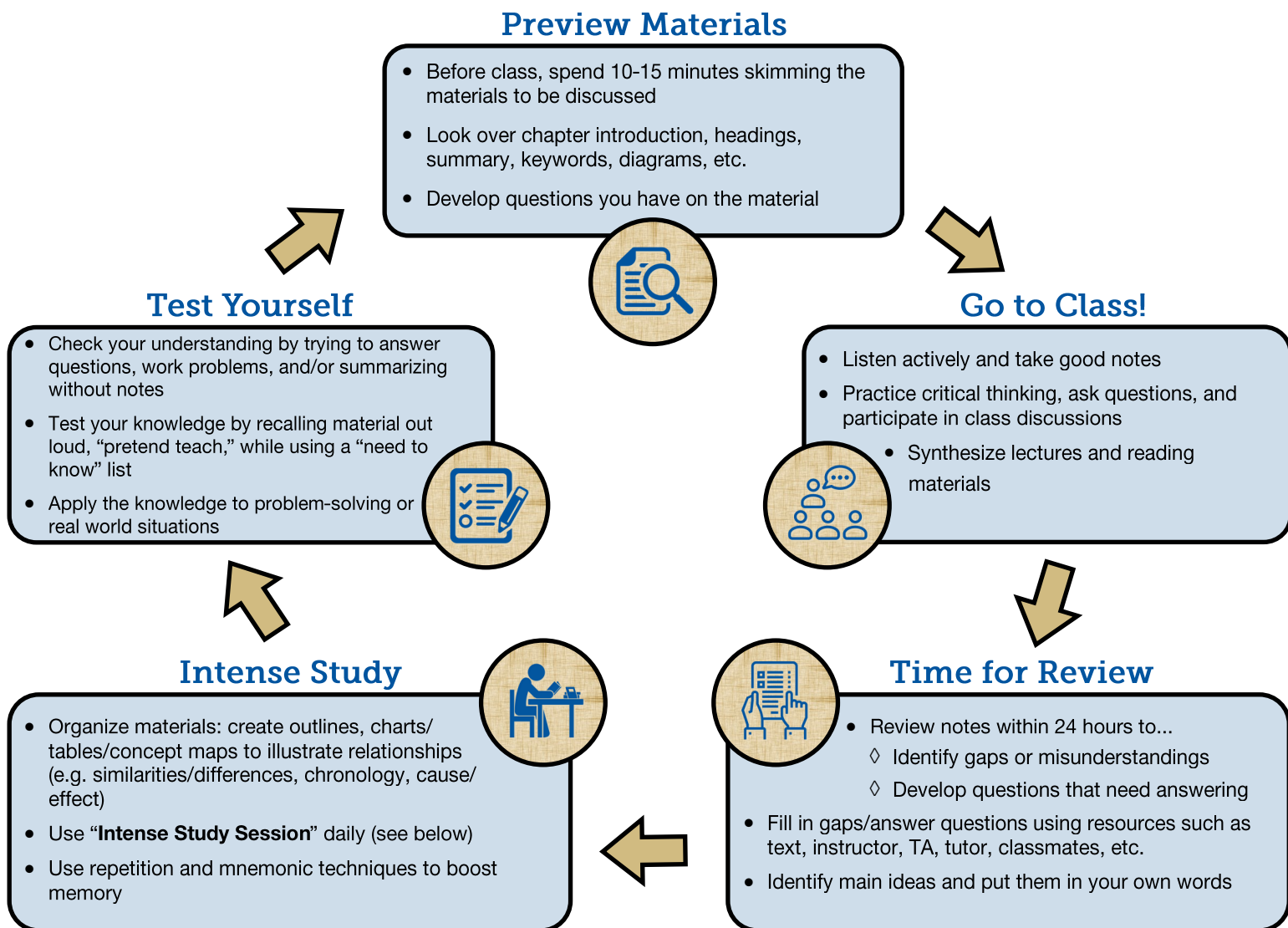


# The Study Cycle

How you study should match with how your brain learns best. Hence, using short preview, review, and intense increment study sessions are more powerful for memory and retention than you think. Try the following system of studying for each of your classes to maximize your learning.



## Intense Study Session

1. **Set a Goal (1-2 min)** Decide what to accomplish in your session: focus on small tasks for each section
2. **Study with Focus (20-30 min)** Active learning: organize materials (e.g., concept map, notecards, mnemonics), summarize processes, fill-in notes, practice problems, recite lectures/notes/readings, etc.
3. **Break (5-10 min)** Walk around, get a snack, and relax. Do **NOT** browse social media/internet—causes distraction
4. **Review/Test Yourself (10 minutes)** Review and quiz your understanding/memorization of material **just studied**. Move on to next study goal **only once you’ve mastered the current material**.

Adapted from The Center of Academic Success, Louisiana State University and UT Learning Center, University of Texas at Austin