Focused Study Sessions (FSSs) work with the way your brain learns best: in short, focused increments. Schedule several Focused Study Sessions per class each week.

**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, read for comprehension, work problems and more.

Remember to think critically by asking: Why? How? What If?

**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 Christ’s PLRS system.

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