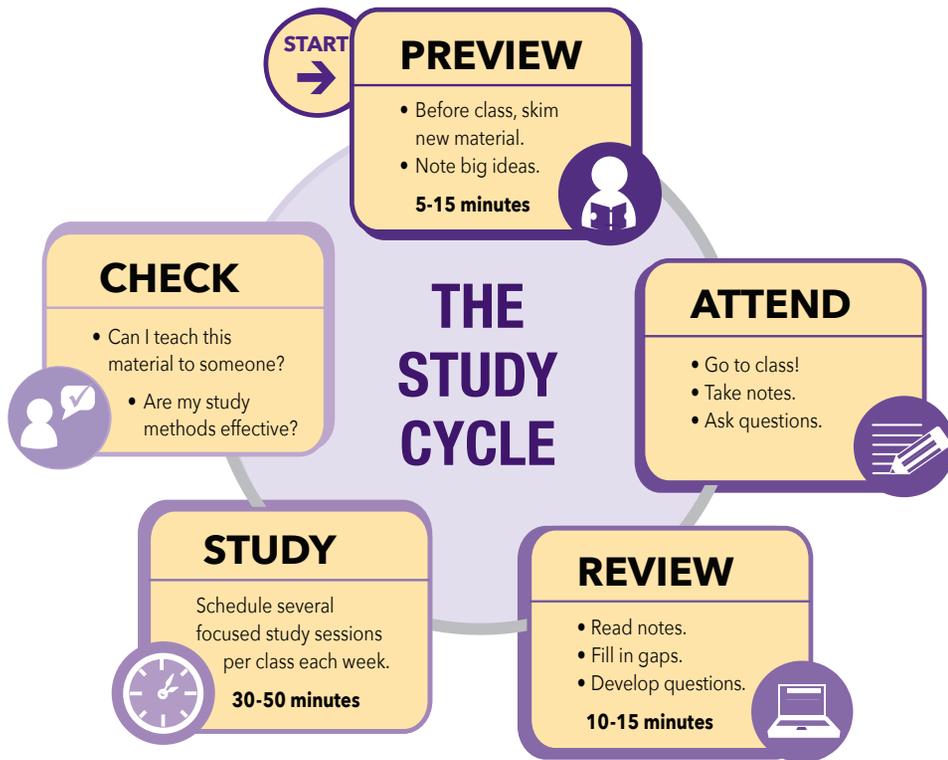


The Study Cycle

Use the Study Cycle to improve your study techniques and ability to remember information.



Focused Study Sessions

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.



Adapted from Frank Christ's PLRS system.
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