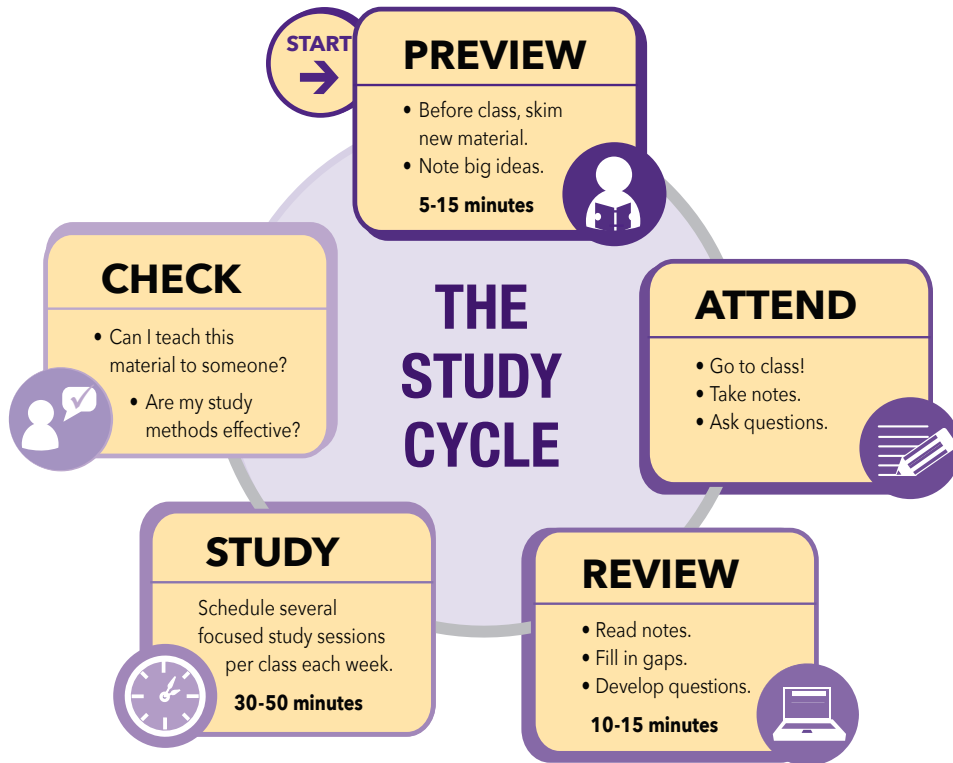




The Study Cycle

Use the Study Cycle to improve your study techniques and ability to remember information. To learn more about how the study cycle works, visit <https://youtu.be/6vEWBnIqxcg>



Adapted from Frank Christ's PLRS system.

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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.

