THE STUDY CYCLE
The Path to Improving Study Techniques

FOCUSED STUDY SESSIONS
Focused Study Sessions (FSSs) are designed to work with the way your brain learns best: in short, focused increments. Schedule several focused study sessions per class each week.

START
Decide what you will accomplish in your study session and get started.
(Suggested time: 1 - 2 minutes)

PLAN
Interact with material: organize, concept map, summarize, process, read, work problems.
(Suggested time: 30 - 50 minutes)

STUDY
Step away from material to clear your head.
(Suggested time: 5 - 10 minutes)

BREAK
Go back over, summarize, wrap-up and check what you studied.
(Suggested time: 5 minutes)

RECAP
• Should I continue studying?
• Should I take a break?
• Should I change tasks or subject?

CHECK
• Can I teach this material to someone?
• Are my study methods effective?

ATTEND
• Go to class!
• Take notes.
• Ask questions.

PREVIEW
• Before class, skim new material.
• Note big ideas.
5-15 minutes

STUDY
Schedule several focused study sessions per class each week.
30-50 minutes

REVIEW
• Read notes.
• Fill in gaps.
• Develop questions.
10-15 minutes

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Adapted from Frank Christ’s PLRS system.
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