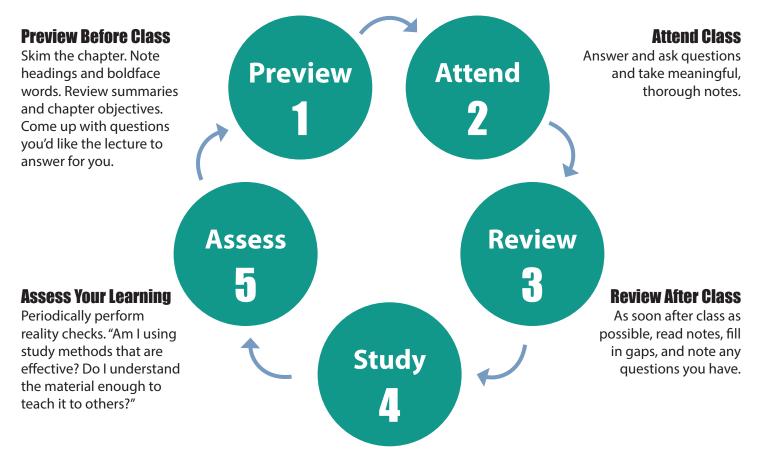
THE STUDY CYCLE



Study the Material

Repetition is key. Ask questions such as "why", "how", and "what if." Use Intense Study Sessions (see below). Do 3 - 5 short study sessions a day. Use weekends to review. Read notes and material from the week to make connections.



1. Set a Goal	(1 - 2 minutes)	Decide what you want to accomplish in your study session
2. Study with Focus	(30 - 50 minutes)	Interact with material – organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc.
3. Reward Yourself	(10 - 15 minutes)	Take a break – call a friend, play a shortgame, get a snack
4. Review	(5 minutes)	Go over what you just studied