# **Focused Study Sessions**

#### **PLAN**

(1-2 minutes)

Decide & write down what you will accomplish while you study.

## **CHOOSE**

Should I continue studying?

Should I take a break?

Should I change subjects or tasks?

## **STUDY**

(30-50 minutes)
Organize, concept map,
practice, summarize

## **RECAP**

(5-10 minutes)
Review, summarize, check work

#### **BREAK**

(10 minutes)
Step away and clear your head.



