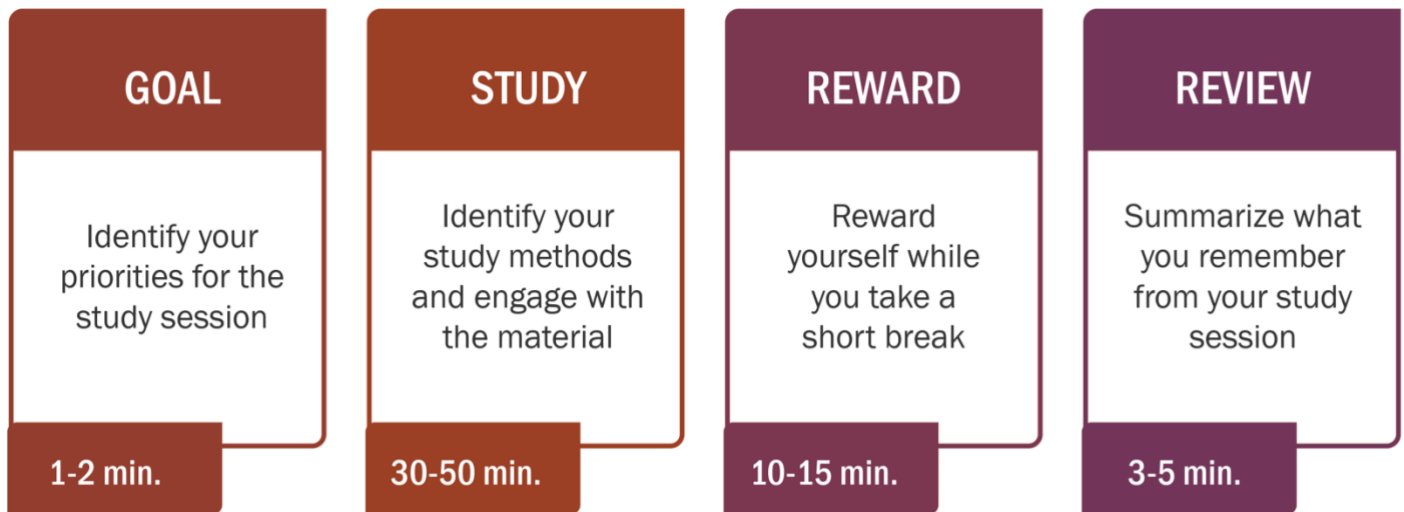


Intense Study Session

Studying with focus is easier when you have a plan before getting started.



STEPS

There are four steps of an intense study session.



Step 1: Set a Goal (1-2 minutes)

Identify what specific tasks you want to accomplish during your study session.

Examples:

- I want to solve ten practice problems.
- I want to read chapter five and write a summary about it.
- I want to write three pages of my lab report.



Step 2: Study with Focus (30-50 minutes)

Identify how you will interact with the material and follow through with those methods.

Examples:

- Create concept maps
- Write summaries
- Solve practice problems
- Practice recall with flashcards
- Quiz yourself on information
- Teach material aloud



Step 3: Reward Yourself (10-15 minutes)

Reward yourself while you take a short break.

Examples:

- Take a walk
- Grab a snack
- Solve a crossword or sudoku
- Watch a fun video
- Chat with a friend
- Listen to a podcast



Step 4: Review (3-5 minutes)

Assess how much information you remember from your study session.

Example: Summarize, recall, or re-explain the information you just studied.

INTENSE STUDY SESSION IN ACTION

Use the space below to plan your intense study session.

Step 1: Set a Goal (1-2 minutes)

What do I want to accomplish during my study time?

Step 2: Study with Focus (30-50 minutes)

How will I interact with the material? What will I do to study?

Step 3: Reward Yourself (10-15 minutes)

What will I do during my break?

Step 4: Review (3-5 minutes)

Can I summarize the information I studied?