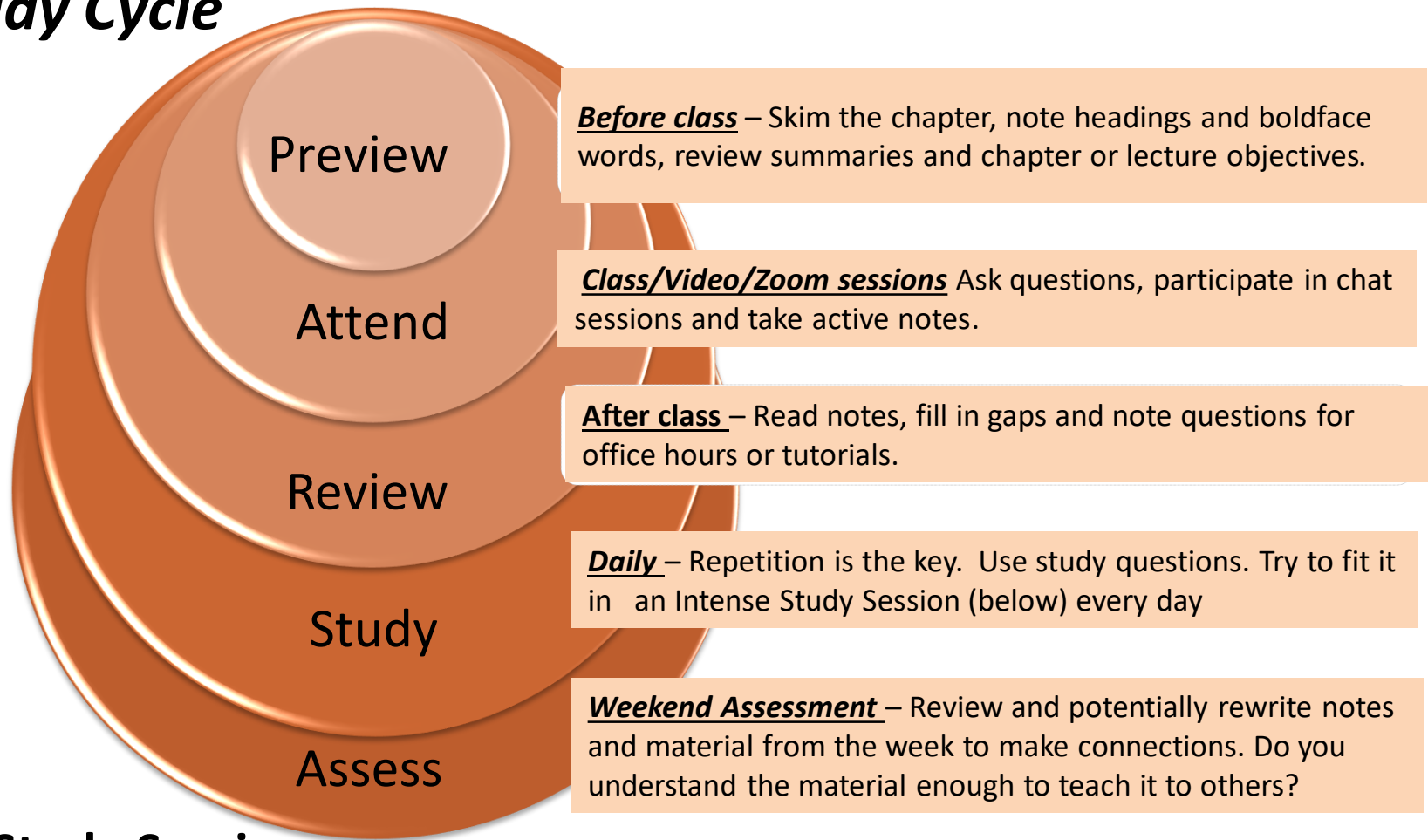


The Study Cycle



Intense Study Session

1	Set a Goal	(1-2 min)	Decide what you want to accomplish in your study session
2	Study with Focus	(30-50 min)	Interact - summarize, process, re-read, fill-in notes, make a mock test
3	Reward Yourself	(10-15 min)	Take a break – <i>briefly</i> check messages, <i>short</i> game, go for a <i>short</i> walk
4	Review	(5 min)	Go over what you just studied