

Focused Study Sessions

Focused Study Sessions (FSSs) work with the way your brain learns best: in short, focused increments. Schedule many study sessions per class each week.

PLAN

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

STUDY

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

BREAK

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

RECAP

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

CHOOSE ?

- Should I continue studying?
- Should I take a break?
- Should I change tasks or subjects?