



## \*Intense Study Sessions

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