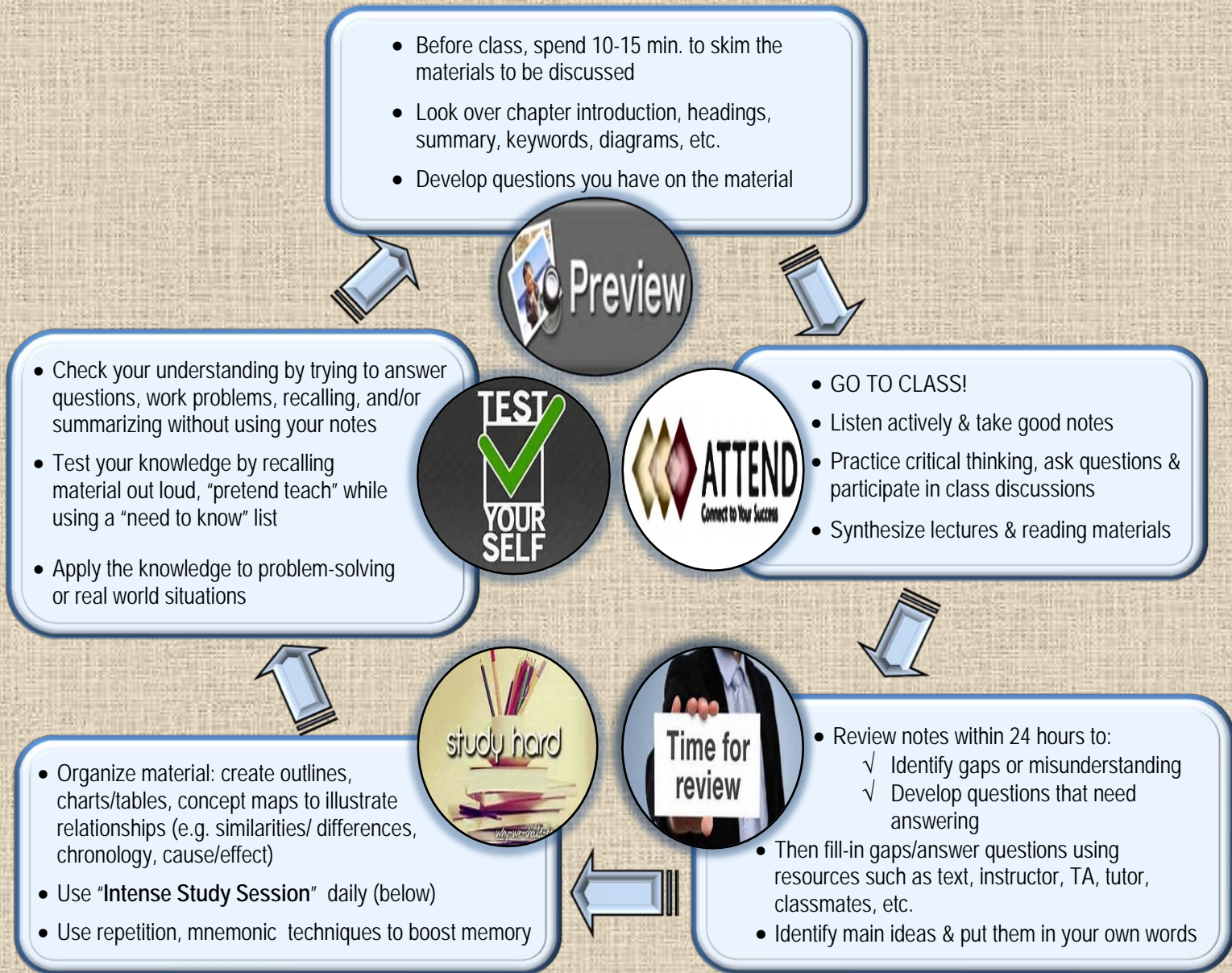


The Study Cycle

How you study should match with how your brain learns best. Hence, using short preview, review, and intense increment study sessions are more powerful for memory and retention than you may think. Try the following system of studying for each of your classes to maximize your learning.



Intense Study Session Steps:

- 1. Set a Goal (1-2 min)** Decide what to accomplish in your session: focus on small task for each session.
- 2. Study with Focus (20-30 min)** Active learning: organize material (e.g., concept map, note card, mnemonic), summarize process, fill-in notes, practice problems, recite lectures/notes/readings, etc.
- 3. Break (5-10)** Walk around, get a snack, & relax. *Don't browse social media/internet-cause distraction.*
- 4. Review/Test Yourself (10 min)** Review and quiz your understanding/memorization of material just studied. Move on to next study goal only once you've mastered the current material.



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