

## INTENSIVE STUDY SESSIONS

How to have an effective 45 to 90 minute study session.

<b>Set Your Goal</b>	1-2 Minutes	Decide what you want to accomplish during your session. Choose a manageable, but focused goal.
<b>Study</b>	30-50 minutes	Maintain focus on your goal. Interact with your material. Actively read or re-read material, use techniques like concept mapping, outlining, assessing approaches.
<b>Reward Yourself</b>	5-10 minutes	Take a break, eat a snack, walk around, relax.
<b>Review</b>	5 minutes	Go back over what you have studied. Summarize the study session and check to make sure you accomplished your goal.