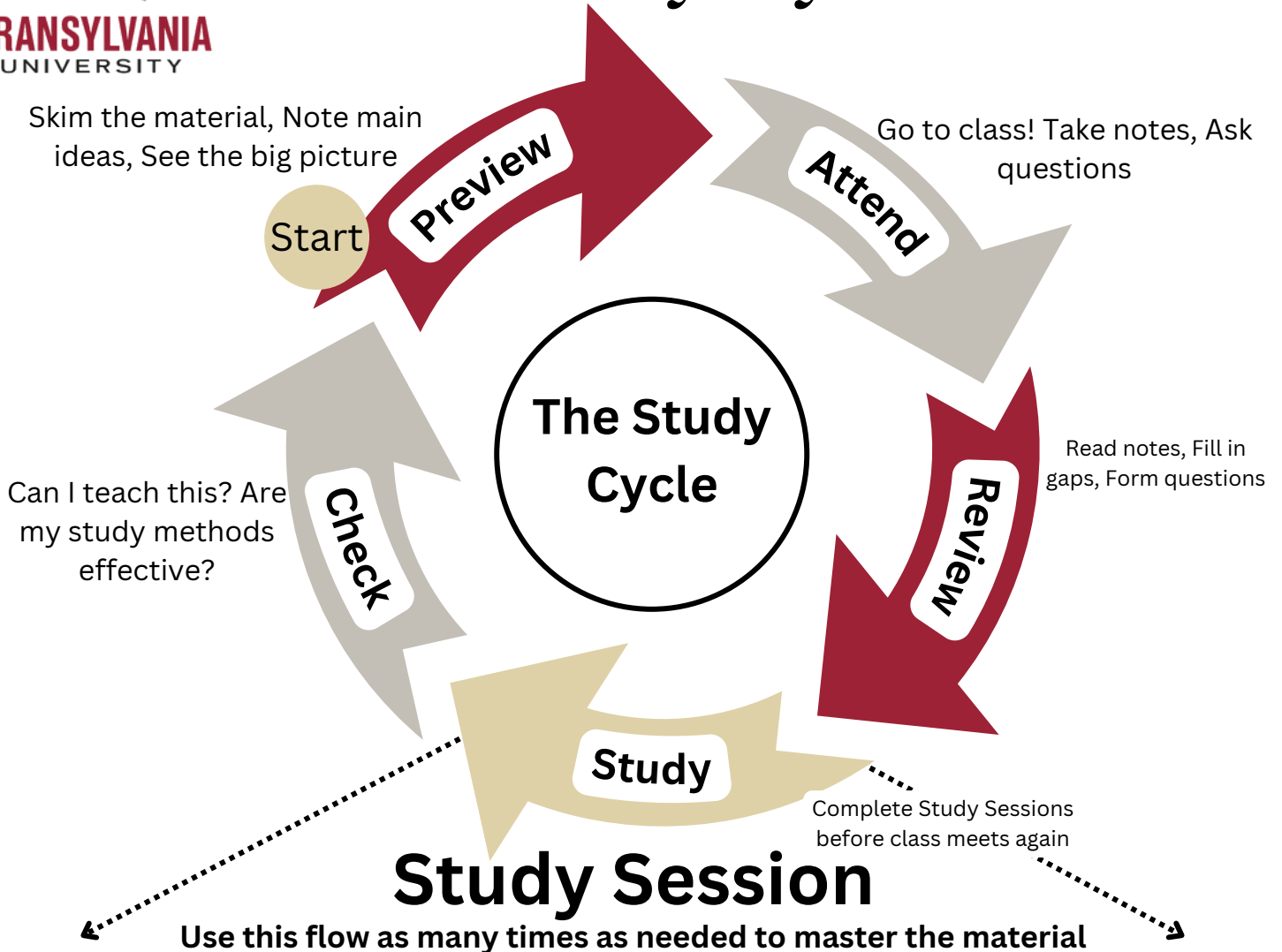


The Study Cycle



Plan 1-2 minutes	Set a specific goal
Study 30-50 minutes	Engage deeply with material with active reading, concept maps, working problems, etc. Ask: <i>Why? How? What if?</i>
Break 5-10 minutes	Step away, scroll, snack-anything to clear your mind.
Recap 5 minutes	Summarize or finish tasks
Choose	Complete another session? Take a longer break? Change tasks/subjects?