

Intense Study Session

Overview of Intense Study Session:

Studying with focus comes more naturally when you have a plan prior to getting started. Your plan may vary depending on the course and/or material being studied. There are four primary stages to the intense study session.

- 1. Goal Setting** (1-2 minutes). Identify what specific tasks you want to accomplish during your study session. Examples include: I want to solve ten practice problems; I want to read chapter five and write a summary about it; or I want to write three pages of my lab report.
- 2. Study with a Focus** (30-50 minutes). Identify how you will interact with the material and follow through with those methods for up to 50 minutes. Examples include: creating concept maps, writing summaries, solving practice problems, studying flashcards, and quizzing yourself on information.
- 3. Reward Yourself** (10-15 minutes). Reward yourself while you take a short break. Examples include: Talking a walk, grabbing a snack, scrolling through social media
- 4. Review** (3-5 minutes). Assess how much information you remember from your study session. Examples include: Summarize, recall, or re-explain the information you just studied.

Implementing the Intense Study Session:

Goal Setting (1 – 2 minutes)

What do you want to accomplish during your studying? What are your intended study goals?

Study with a Focus (30 – 50 minutes)

How will you interact with the material? What will you do in order to study?

Reward Yourself (10 – 15 minutes)

What would you like to do during your break?

Review (3 – 5 minutes)

Summarize the information you just studied.