FOCUSED STUDY SESSIONS

Focused Study Sessions (FSSs) are designed to work with the way your brain learns best: in short, focused increments. Schedule several focused study sessions per class each week.

**PLAN**

- Decide what you will accomplish in your study session and get started.
  - (Suggested time: 1 - 2 minutes)

**STUDY**

- Interact with material: organize, concept map, summarize, process, read, work problems.
  - (Suggested time: 30 - 50 minutes)

**BREAK**

- Step away from material to clear your head.
  - (Suggested time: 5 - 10 minutes)

**RECAP**

- Go back over, summarize, wrap-up and check what you studied.
  - (Suggested time: 5 minutes)

**CHECK**

- Should I continue studying?
- Should I take a break?
- Should I change tasks or subject?

**START**

Adapted from Frank Christ’s PLRS system.
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