

Avoid Multitasking (Pt. 2)

The Study Cycle

Pay particular attention to "Focused Study Sessions," which emphasize working for 45-60 minutes on a specific task and then taking a 10-15-minute break before reviewing and moving on to a new task. Research suggests this pattern helps achieve better concentration and alleviates "cognitive boredom" in most people.



THE STUDY CYCLE

ADAPTED FROM LSU'S
CENTER FOR ACADEMIC SUCCESS

FOCUSED STUDY SESSIONS

1. **Set a Goal (1-2 min):** Decide what you want to accomplish in your study session.
2. **Study with Focus (30-50 min):** Interact with the material. Organize, create concept maps, summarize, process, re-read, fill in your notes, reflect, etc.
3. **Take a Break (10-15 min):** Take a break, walk around, get a snack.
4. **Review (5 min):** Summarize what you studied and determine if you have any questions on the material.