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 material** - organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc.

3. **Reward Yourself** (10-15 min)
   - **Take a break** - call a friend, play a short game, get a snack

4. **Review** (5 min)
   - Go over what you just studied

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**Preview before class** - Skim the chapter, note headings and boldface words, review summaries and chapter objectives, and come up with questions you’d like the lecture to answer for you.

**Attend class** - GO TO CLASS! Answer and ask questions and take meaningful notes.

**Review after class** - As soon after class as possible, read notes, fill in gaps and note any questions.

**Study** - Repetition is the key. Ask questions such as ‘why’, ‘how’, and ‘what if’.
   - **Intense Study Sessions** - 3-5 short study sessions per day
   - **Weekend Review** - Read notes & material from week to make connections

**Assess your Learning** - Periodically perform reality checks
   - Am I using study methods that are effective?
   - Do I understand the material enough to teach it to others?