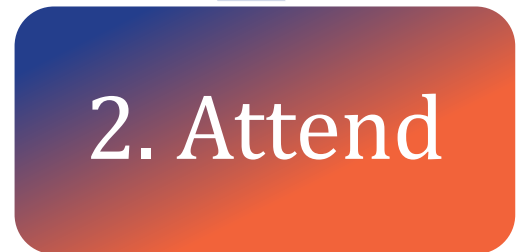




- 5. **PREVIEW:** Go over course material before class. Review questions, summaries, and objectives. Have your questions ready for class!



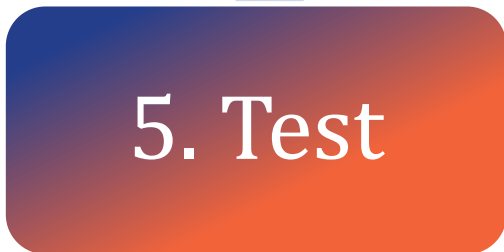
- 4. **ATTEND CLASS:** You will miss everything taught in class if you aren't there. Be prepared to take notes and ask questions!



- 3. **Review Material:** Read your notes, answer questions, and fill in any gaps of information.



- 2. **Study the Material:** Schedule dedicated "Study Time" so you can focus.



- 1. **Test your learning:** Check your knowledge and answer questions about the material.

INTENSE STUDY SESSIONS	Set a Goal	1-2 minutes	Determine what you want to accomplish.
	Study with focus	30-50 minutes	Engage with the material! Re-read, reflect, and summarize.
	Reward yourself	10-15 minutes	Take a break and relax!
	Review	3-5 minutes	Reflect on what you just studied.