



1. **Set a goal** (2 minutes) Decide what you want to accomplish during your study session. This should be a specific goal with a clear end point.
2. **Study with focus** (30-50 minutes) Set a timer and work toward your goal. Work until you achieve your goal OR hit 50 minutes of work time.
3. **Take a break** (10-15 minutes) Give your brain a break - try to make sure it is a break that you will feel comfortable wrapping up in 10-15 minutes (throwing in a load of laundry vs. starting an hour long episode of TV).
4. **Review** (5 mins) Reflect on your focused study time. Consider if you want to keep working on the same goal, move onto another task or wrap up your work time.

PRO TIP!

The process of setting a **specific, manageable and time bound goal** is the most important aspect of the Power Study Hour. If adjusting the amount of work/break/prep time makes more sense for you, try it out!