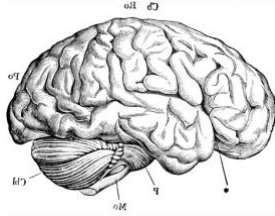


Focused Study Sessions (FST)



Adapted from Frank Christ's PLRS system

What is a Focused Study Session?

- An FST is a structured, intentional, and purposeful set amount of time which includes four specific steps which are meant to intensively study course material for long term retention and deter mental fatigue.

How Does It Work?

- An FST is easy to use and increases attention and retention by avoiding mental exhaustion through brief breaks. Once the goal and time have been set, follow through the complete four step process several times treating it as intervals.

Four Important Steps

1. **Goal** – Set a simple achievable goal that includes a set amount of time and a task to accomplish (e.g., doing 20 math problems in 30 minutes, reading through half of a chapter in 60 minutes).
2. **Study** – Begin the task and follow through with goal with undivided attention.
3. **Recap** – Once task has been completed, briefly review main concepts or ideas and mistakes made.
4. **Break** – Following Recap take a brief five minute break in between study intervals.

McLemore Hall room 214 | 601.266.6405 | success@usm.edu | usm.edu/student-success