



## Learn More Effectively and Efficiently

In College/University Courses: Use the **PARSA** Study Cycle

1. **P**review assigned/suggested information before class - Generate a few questions
2. **A**ttend ALL classes and participate actively - Take notes as appropriate
3. **R**eview class notes - As soon after class as possible
4. **S**tudy (See Side B - “Intense Study Sessions”)
5. **A**ssess - Test your own understanding before taking exams

Side A



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Side A

## Intense Study Session Steps

### 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

## Recommended By (Instructor, Contact Info, Course)

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Side B

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Side B



# PRINTING PAPER BOOKMARKS - ONE-PAGE INSTRUCTIONS

This Adobe PDF document is provided by The TLT Group, A Non-Profit Organization  
Pages 1 & 2: Sides A & B of bookmark (3 copies per page); Page 3: Instructions for Printing 2-Sided Bookmarks

*Congratulations! Since you're reading this document, you have already succeeded in opening it with Adobe Acrobat Reader. Here are some mostly obvious instructions.*

**1. OPTIONAL: Select and print this page for reference** (3rd page of 3-page document)

**2. Prepare and adjust printer**

Try to adjust your printer to center each page of printed material on a sheet of paper. Select the option "auto rotate and center" if that is available from your printer and your version of the Adobe Acrobat Reader.

**3. Print one test page**

a. Print one copy of the first page (1st page of 3).

b. Turn that page over and return it to the printer so that the blank side will receive the next page of printing. Check that the edge that emerged first from the printer will again emerge first.

c. Print one copy of the second page of this document (2nd page of 3) on the blank (reverse) side of your test page.

**4. Check alignment**

Check that the images printed on each side of the test page are lined up with each other - so that when you cut between the bookmarks the borders will be located appropriately.

Note: The wide colored borders entirely surrounding each bookmark in the templates provided by the TLT Group allow you to be a little imprecise and relaxed when you slice them apart.

*If necessary, adjust printer settings and repeat the previous steps.*

**5. Print and duplicate**

When you are satisfied with the test page results, print and duplicate as many copies as you need.

**6. Slice and trim**

Cut off any excess paper at the outer margins and slice each page into three two-sided bookmarks!  
[Alternative, some templates are set for 4 or 5 bookmarks per page.]

**7. Distribute your bookmarks happily**