

Test Yourself

Ideally, any study technique allows you to test yourself, dividing your material into what you know and what you need to study more of. This ensures that you do not waste your time by practicing and reviewing what you already know.

When reviewing, always try to divide your information in two sections:

Information I know.
Review this information before the exam, but do not spend much time here.

Information I Don't Know.
This is where you need to spend most of your time. Once you have mastered the information, move on to another concept.

Test yourself by:

- Turning headings/topics into questions and saying or writing the answer.
- Covering up sections of notes and texts and trying to put the information into your own words
- Practicing your flash cards, once asking the question, once asking the answer.
- Turning notes into diagrams, concepts maps, sequences or matrices without using your notes as a reference.