

Timed Self-Testing Strategy

Pick a Class Topic that will be on the upcoming Test:

- Give Yourself a Short Timed-Quiz on that Topic

Before You Start, Make a Quick Plan:

- What are you going to cover in that Quiz?
- Pick something that Your Instructor will examine on you on.

Time Your Quiz:

- Make your Quiz short - around 5-10 minutes for a Topic.

Focus as You do Your Quiz:

- Concentrate on Concepts Your Instructor consider important
- Think Logically & Clearly
- Do not get stuck: If You cannot exactly recall some details, keep moving to other items you can recall
- If there are Mental Distractions: calmly & gently flow back to your quick quiz

After the Quiz:

- Take Break (at least for 20 minutes) for a quick break
- Compare what You wrote to Your Notes and/or Textbook
- Check for Misconceptions and Falsified recall