

## **The Rose & Nicholl 6-step Plan:** **(5) Exhibiting What You Know**

Challenge Your Learning & Memory to be better prepared for Tests & Exams ...

**Self-Testing**: This has been rated by the Scientific American Mind Special Edition (Vol.23, Number 4, Winter 2015, page 43) as one of the most effective study techniques:

- Take a sheet of paper, select an exam-relevant topic, and then give yourself a short-timed quiz [see Handout “*Timed Self-Testing*” from the Learning & Memory Workshop]

**Study partners**: This can be effective if the study group sets clear learning goals for exam-preparation:

- Consider a Study Leader/Manager to make sure group stays on track

**Flashcards**: very effective for rapid recognition of facts, details and definitions

**What Does not Work**: The Scientific American Mind Special Edition (Vol.23, Number 4, Winter 2015, page 46) rates these as the most ineffective study techniques:

- Excessive Highlighting
- Constant re-reading of text, information, etc.