Self-Testing Concepts

Discover what you have learned and what you have not learned before you take a test! There is still time...

Steps for Self-Testing

**Cue**
- Take the main ideas from your notes or PowerPoint slides and use it as a cue for recollection.

**Separate**
- Separate questions and answers from your notes and study guides.

**Recite**
- Quiz yourself:
  - If answers are CORRECT on the first try, it indicates that material has been learned.
  - If NOT, read or write the questions and answers out until it has been learned.

**Review**
- Recite answers as often as it takes until you can recall all answers correctly, by memory, on the first try each time you review.
- Repeat steps if needed.

Do not give up if you did not get the desired results on the first exam. Persistence to refine self-testing methods will eventually earn the grades you want when this technique for learning is mastered.

Adapted from University of Central Florida Student Academic Resource Center