

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

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*



Cue:

- Take the main ideas from your notes or PowerPoint slides from class to use as a cue for recollection



Separate:

- Separate questions and answers from your notes and study guides to add to your study guide. This will help you study main topics in your courses



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.

Recommended Self Testing Apps: XMind, Brainscape, Quizlet