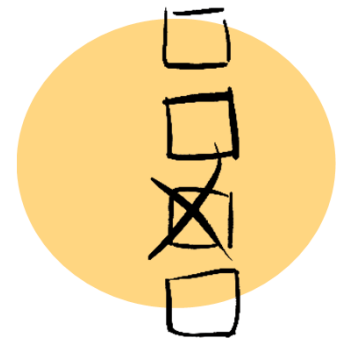


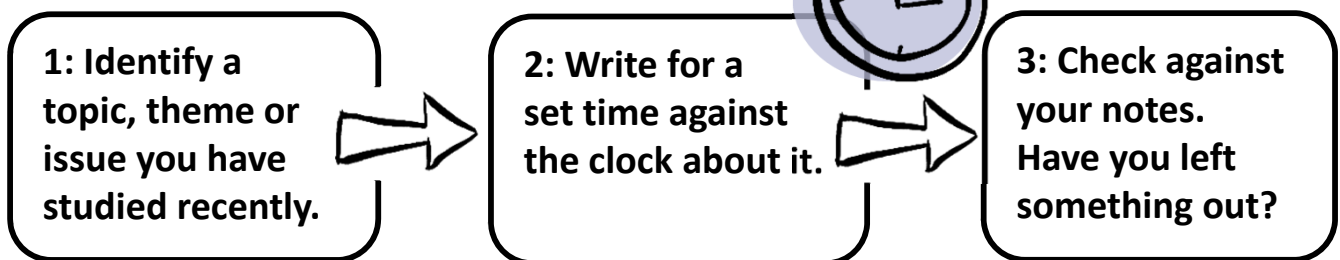
# Ways to self-test

## Self testing is a powerful way to learn

- Self testing helps you find out what you really know.
- Practising retrieving content can make it easier to recall in the future (the testing effect).
- The testing format does not have to be the same as the actual assessment.



## Five (or more) minute paper



## Make your own questions



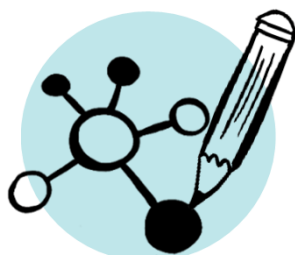
- Writing and compiling questions can help focus your studying.
- Check past papers for format and styles of questions. You can write new questions by changing the topics, limit and/or focus.
- Make short focused questions as well as complex ones (these tend to include simpler questions).

## Use cue cards – small chunks of learning

- Make a series of double-sided cue or summary cards.
- Select and summarise as key words, definitions and phrases, adding cue questions on the reverse.
- Use these to test your knowledge on a regular basis.
- Space your testing – test the topics you know least well more often.



## Key diagrams



1. Look
2. Cover
3. Draw and annotate with explanations
4. Check

Re-reading notes and texts can leave us thinking we think we have a better grasp of the content than we really do simply because it is familiar.

