

SELF-TESTING



When to use it

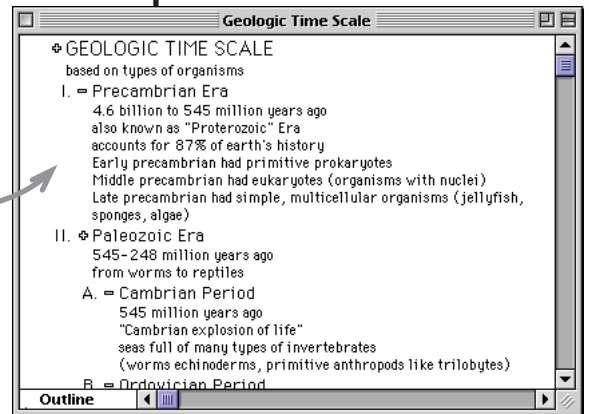
- You have an outline.
- You have to memorize facts.



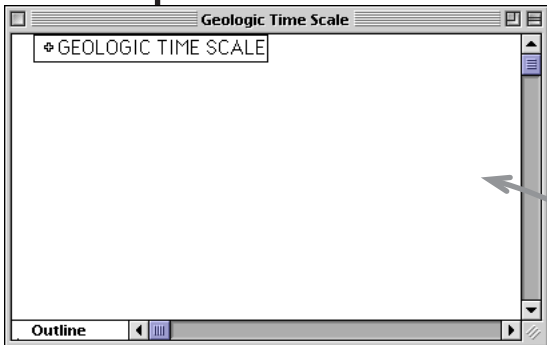
How to do it

Before you start:

a) Make or find an accurate outline of the material you are studying.



b) Contract all the headings and subheadings, and close all notes.

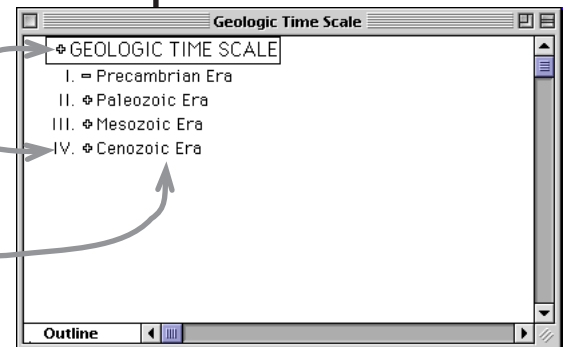


1. Expand and Study.

Expand one topic in the outline.

Learn the answers to the following questions:

- a) HOW MANY? (Number of subheadings to the topic.)
- b) WHAT ARE THEY? (Memorize them.)
- c) WHAT MORE DO I KNOW? (Define, describe or summarize what each subheading means.)



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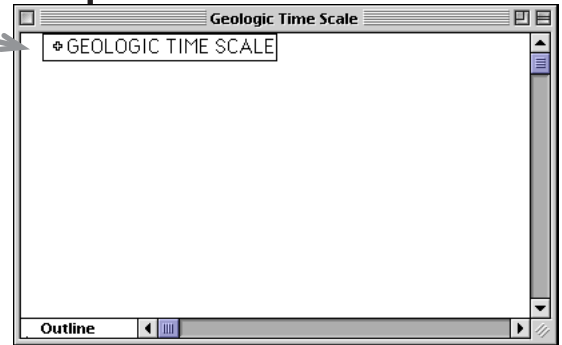
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2. Contract and rehearse.

Contract the topic and rehearse the information by answering the questions from memory:

- HOW MANY?
- WHAT ARE THEY?
- WHAT MORE DO I KNOW?

If you can't answer all three questions, return to Step 1.



3. Check and repeat.

Expand the topic to check your accuracy.

Open the notes to check "WHAT MORE DO I KNOW?"

If you get anything wrong, repeat the steps for this topic until you can answer all three study questions perfectly.

When you get everything right, repeat the steps for another topic or subtopic.

