



Active recall: the one-page study plan

Study by pulling answers out of memory, not by rereading. Print this and keep it where you study.

A 30-minute session

- 1 Minutes 0 to 5, blurt: before opening anything, write down all you remember from last time.
- 2 Minutes 5 to 20, questions: work through your due flashcards or practice questions. Answer fully before checking, and mark every miss.
- 3 Minutes 20 to 25, fix the misses: open your notes only for what you got wrong, then close them and try again.
- 4 Minutes 25 to 30, write tomorrow's questions: turn each miss into a new card, then stop. Come back tomorrow.

7 ways to test yourself

- Flashcards: answer out loud before you flip.
- Blurting: write everything you remember, then check.
- Practice questions and past papers, closed-book.
- Teach it aloud to someone, or to an empty room.
- Cornell notes: cover the notes, answer the margin.
- Draw the diagram or timeline from memory.
- An app that writes the questions for you.

Make better flashcards

- ☐ Ask a question, not a topic.
- ☐ One fact per card.
- ☐ Write it in your own words.
- ☐ Add a reverse card for terms and dates.
- ☐ Ask why, not only what.
- ☐ Keep the hard cards; make them smaller.

Avoid

- Peeking before you have really tried. A card you "sort of knew" is a miss.
- Dropping a card after one right answer. That is where remembering starts.
- Staying on multiple choice. Move to typed or spoken answers as a card gets easier.
- Rereading because it feels better. The feeling of knowing is not a guide to what you will remember.

Today's topic and misses

Write the topic, then everything you got wrong. These are tomorrow's questions.
