



STUDY HABITS & TECHNIQUES SERIES



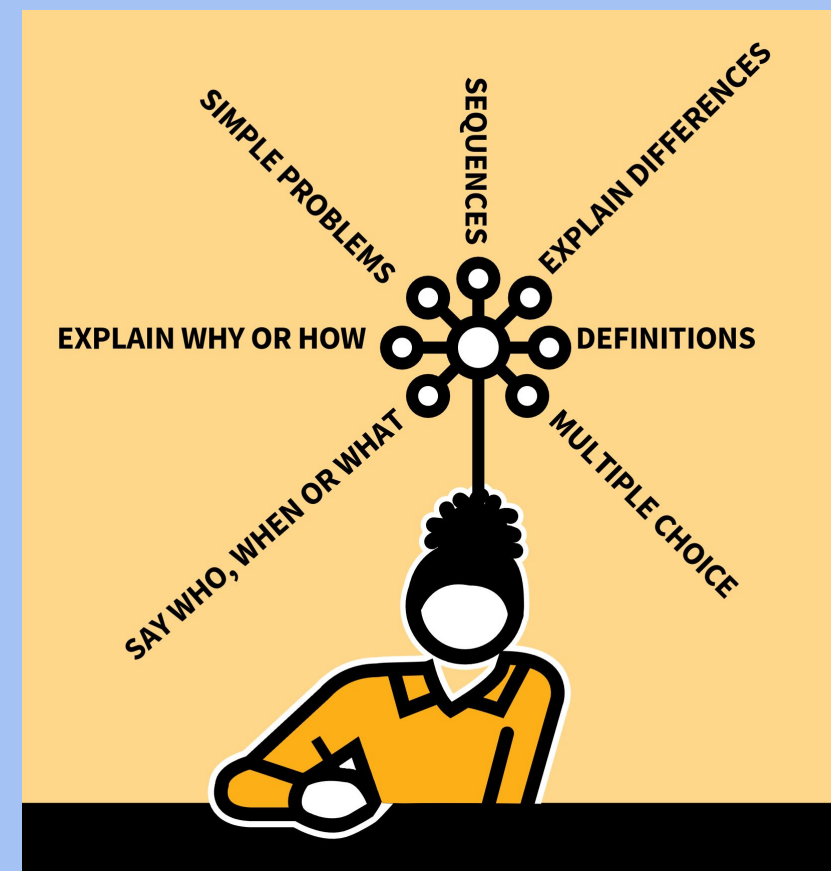
LEARNING WALKTHRU_s

SELF-QUIZZING

- 01 | GATHER OR GENERATE QUIZ QUESTIONS
- 02 | ANSWER THE QUESTIONS UNAIDED
- 03 | CHECK YOUR ANSWERS
- 04 | IDENTIFY AREAS YOU NEED TO RE-STUDY
- 05 | TEST YOURSELF AGAIN. REPEAT

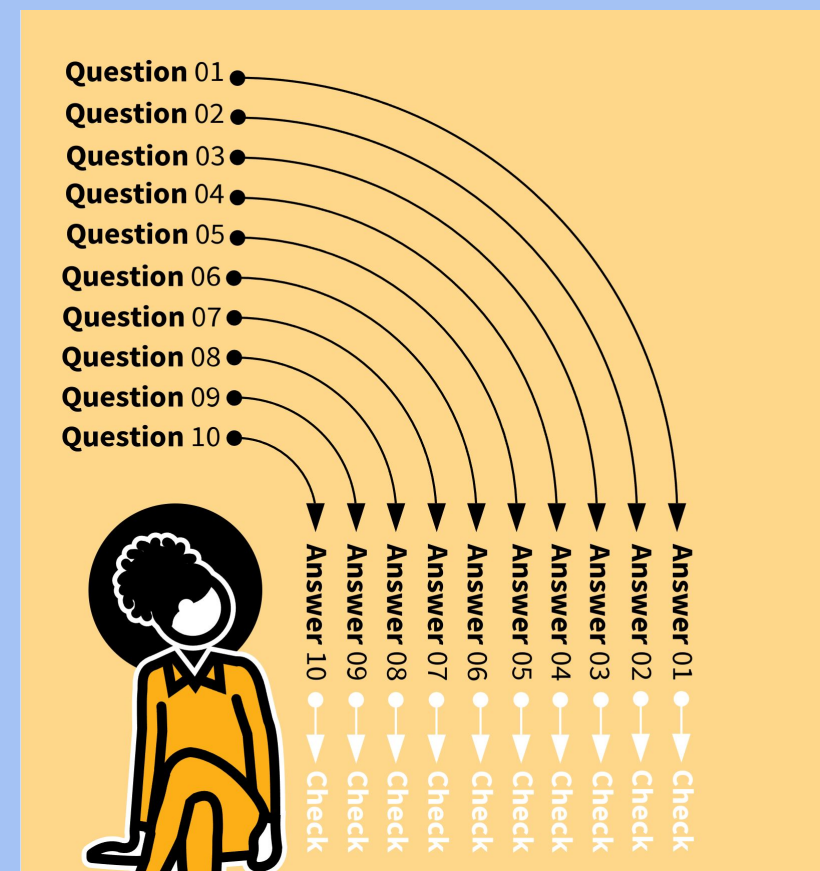


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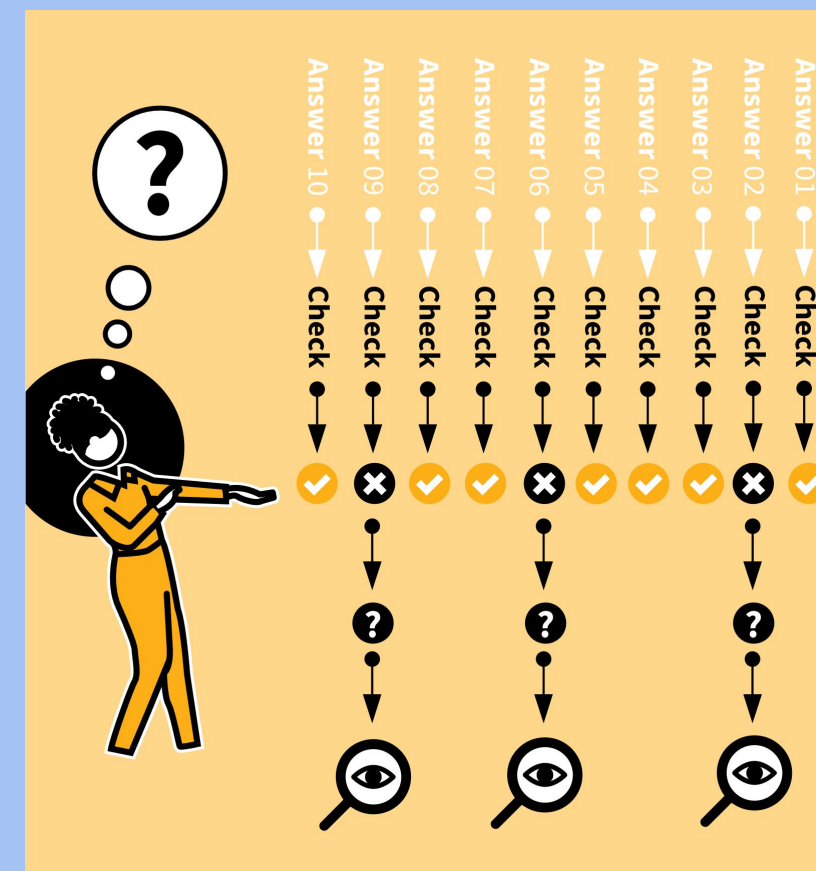
1

GATHER OR
GENERATE QUIZ
QUESTIONS



2

ANSWER THE
QUESTIONS UNAIDED



3

CHECK YOUR
ANSWERS



4

IDENTIFY AREAS YOU
NEED TO RESTUDY



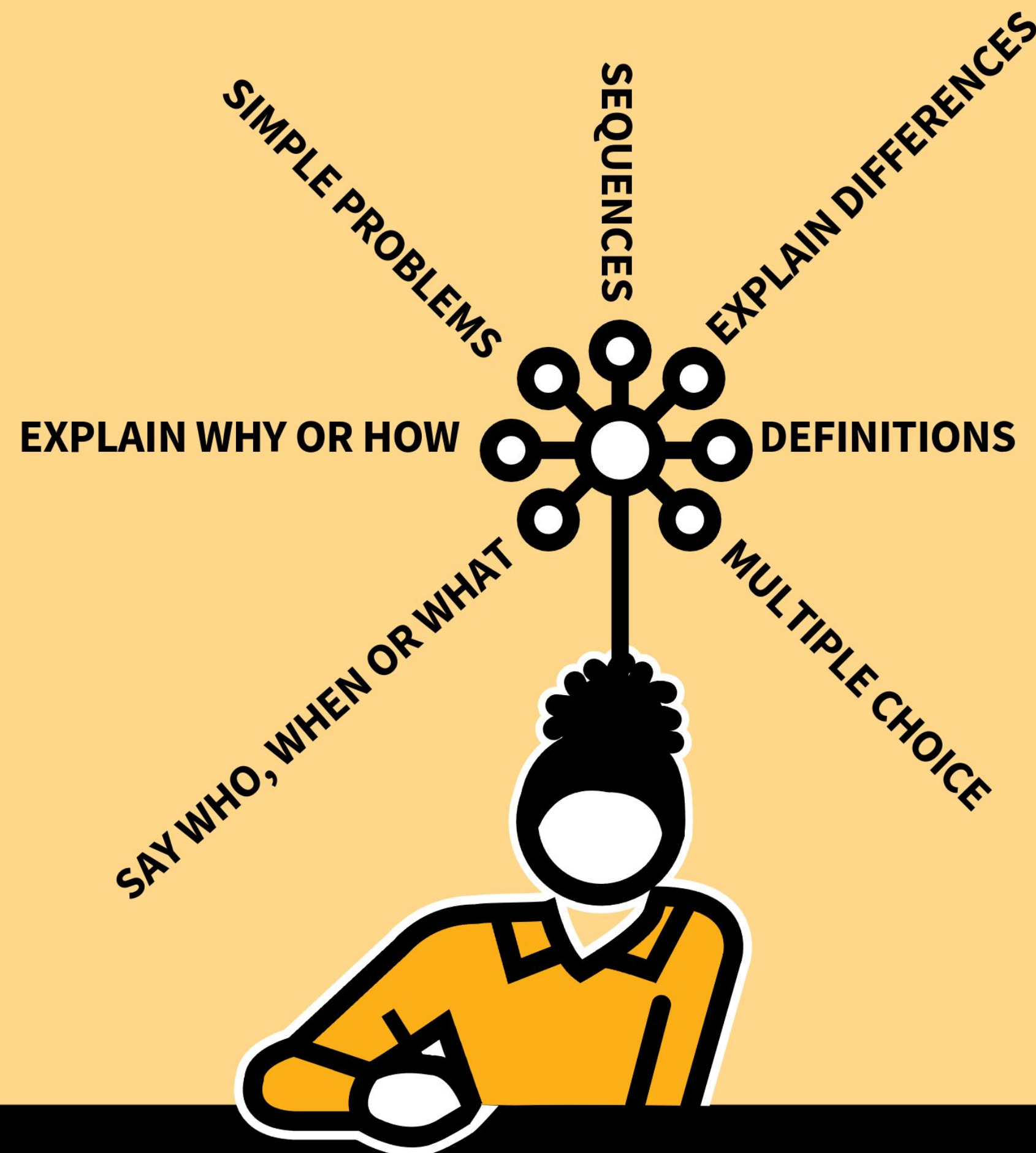
5

TEST YOURSELF
AGAIN. REPEAT

- One of the pitfalls of studying is the illusion of familiarity: you recognise material as you reread it but this lulls you into thinking you must know it.
- However it's only when you can generate responses yourself with confidence that you can really say you've learned something.
- Self-quizzing is a technique for forming the habit to test your knowledge. It works best with simple factual recall but can also extend into more complex questions.



SELF-QUIZZING

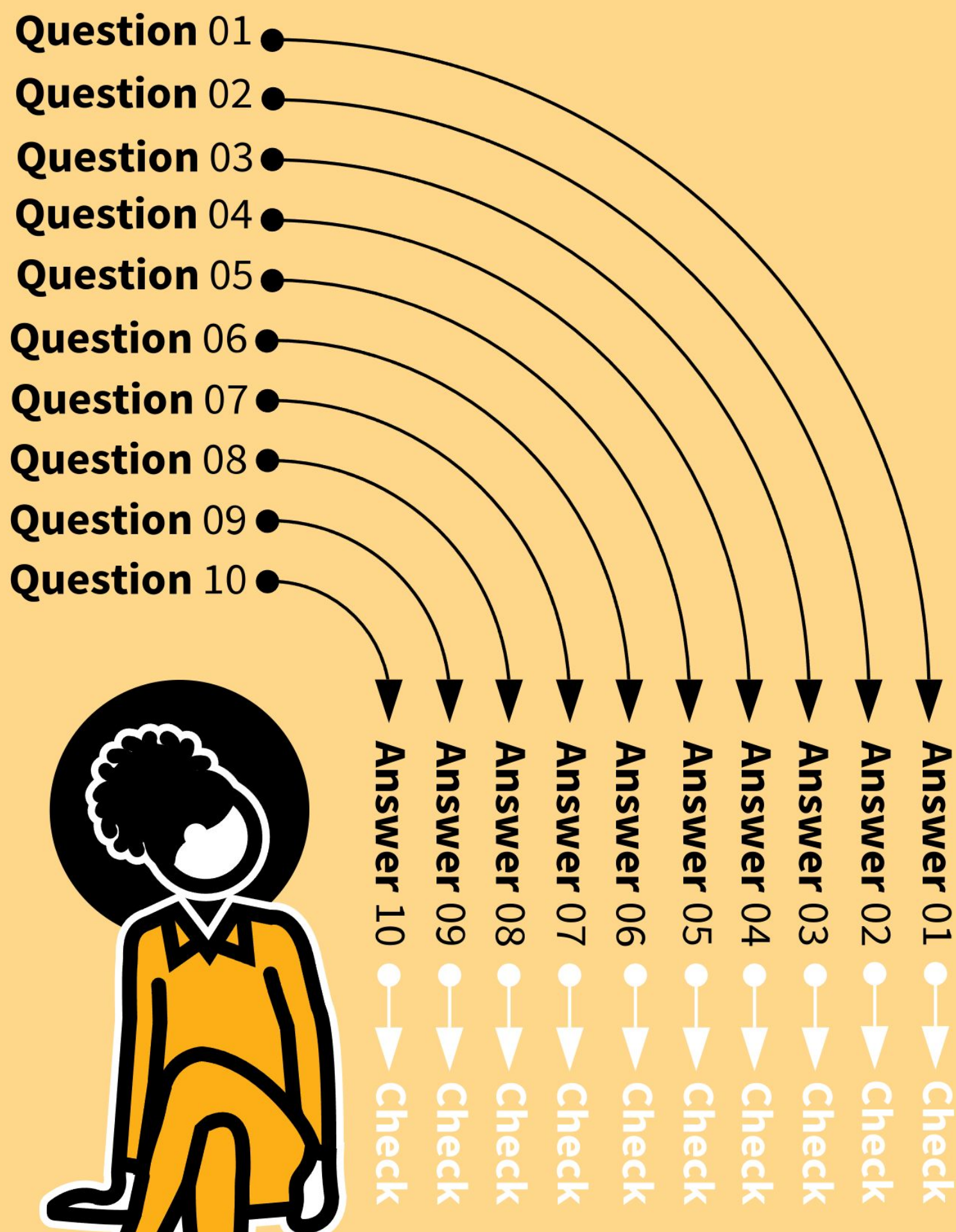


GATHER OR GENERATE QUIZ QUESTIONS

- Your study material will probably include quiz questions with a range of styles:
 - Say who, when or what; explain why or how.
 - Simple problems; multiple choice, true/false.
 - Explain the difference between.
- You can generate similar questions for simple recall:
 - definitions of terms, sequences,
 - labelling diagrams, explaining concepts,
 - remembering quotes, retelling events.



SELF-QUIZZING

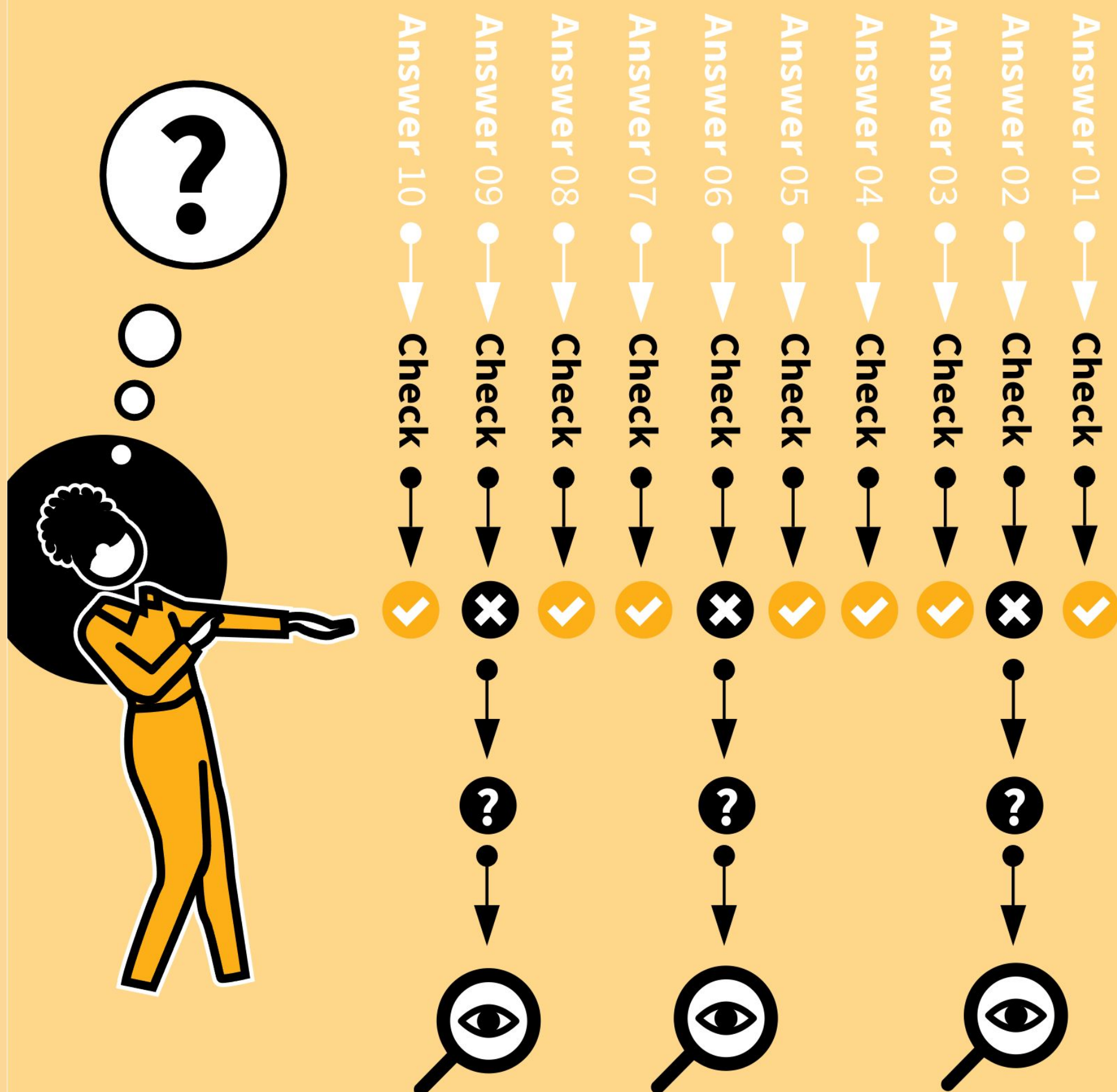


ANSWER THE QUESTIONS UNAIDED

- With your questions ready, run through a set of 5-10 of them, producing the answers.
- Write them down to check later or do this mentally.
- Don't look things up or ask for help; take your time, think hard and try your best to produce an answer.
- You want the most accurate picture of your own knowledge and, since nobody but you will know, you can be very honest with yourself.



SELF-QUIZZING



CHECK YOUR ANSWERS

- After your self-quiz, go back to your notes or set of pre-prepared answers to check how well you did.
- If they are simply right or wrong, make a note with a tick or cross and for those you got wrong, note what the correct answers were.
- Note what you got right to consolidate your knowledge and give you confidence.
- For those you got wrong, you need to establish why.



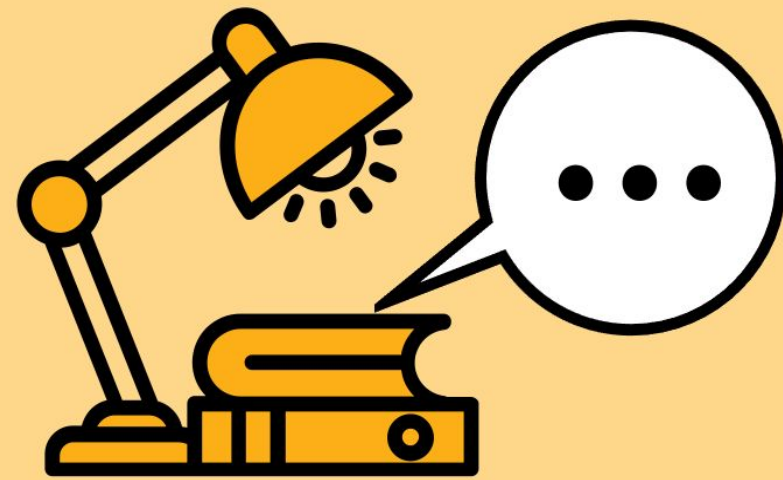
SELF-QUIZZING

1 | 2 | 3 | 4 | 5

IDENTIFY AREAS YOU NEED TO RE STUDY

For wrong answers:

- Did you just forget, i.e. you knew it and understood it before but forgot?
 - Restudy the material, rehearse the answers and try to connect them to more secure knowledge.
- Do you not fully understand the question or the material in general? This is more significant.
 - Reread more of your notes, refer back to worked examples or ask a teacher to re-explain it to you.





SELF-QUIZZING

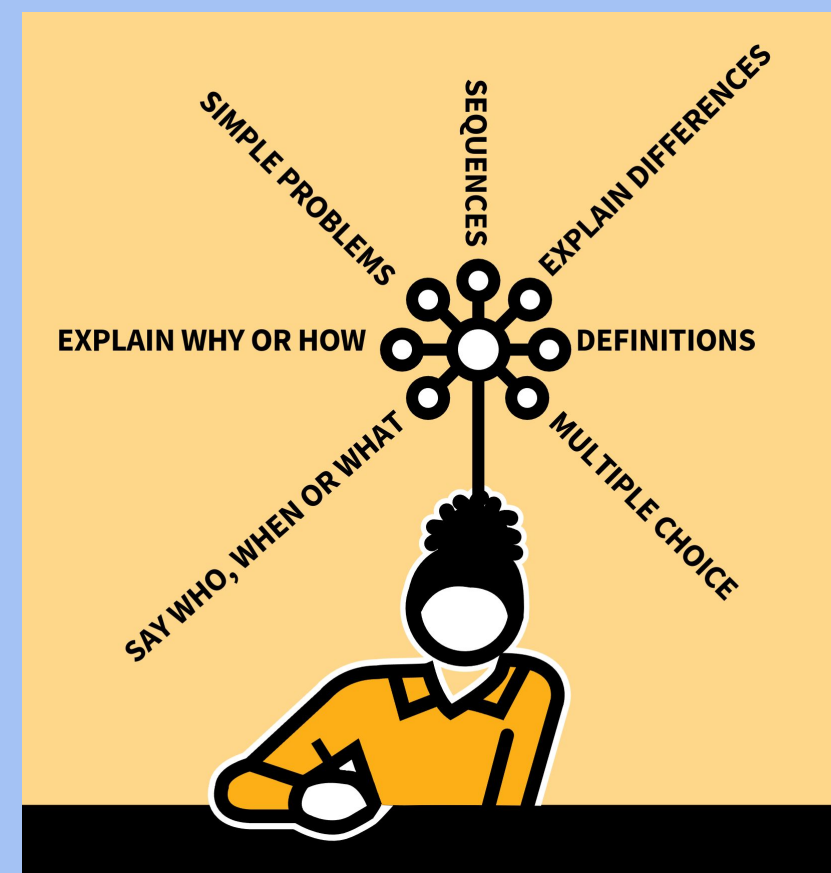


TEST YOURSELF AGAIN. REPEAT

- If you test yourself again straight away you'll remember the answers because you only just went through them. This doesn't tell you how secure your knowledge is, but it's a reassuring check and acts as a kind of rehearsal.
- To be more accurate, test yourself repeatedly on similar material or using the same questions, at a later point — a day or a week later perhaps.
- You should find you remember more each time.

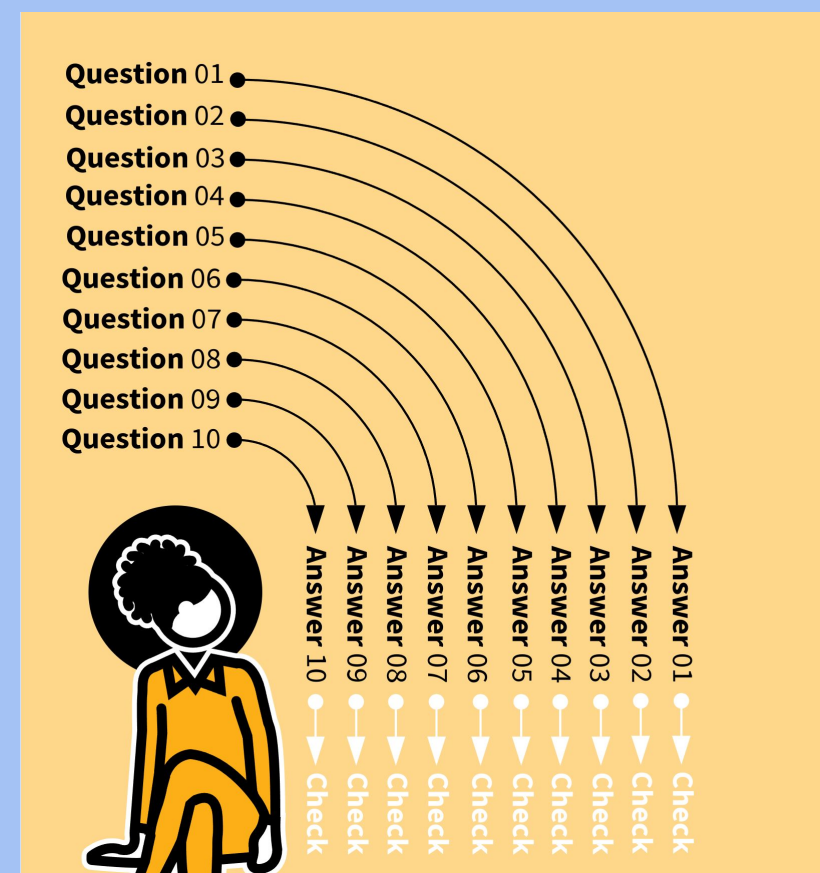


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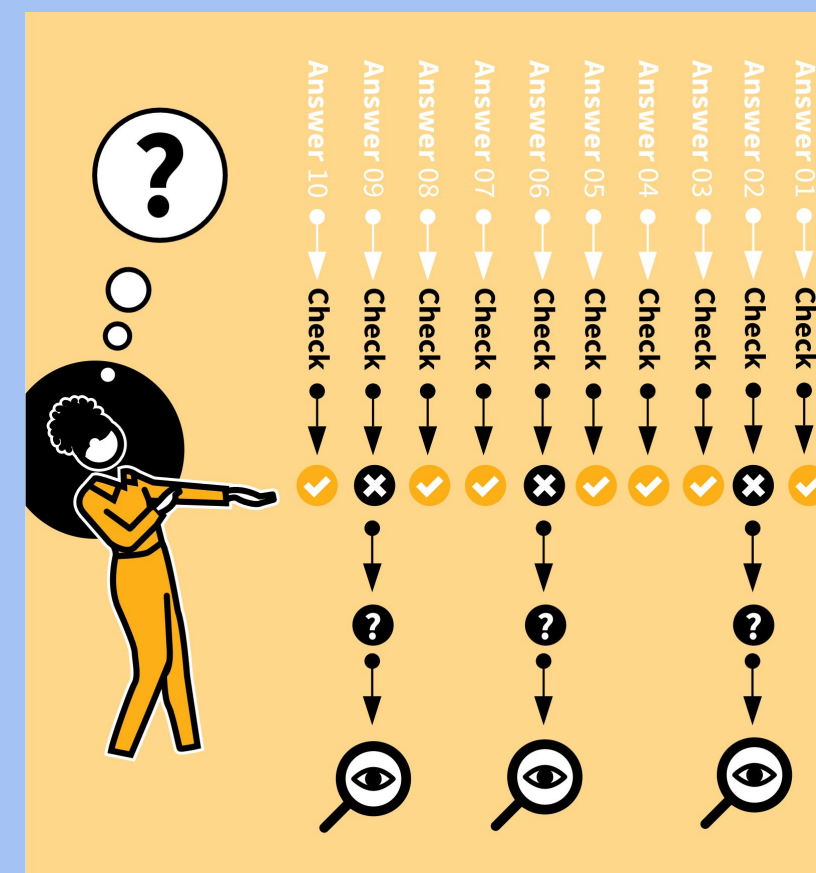
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