

## Study Tips:

### How to quiz yourself so you really learn



Do not think that you have learned material simply by reading it over. Studies show that people who just read over material feel more confident that they know it but do worse on the test. When you quiz yourself, you're learning the material and practicing using it under test circumstances.

Make a study aid with **A) the name of the formula or problem type** and **B) the formula or technique** so that you can read one without seeing the other - this could be flashcards, a Quizlet, or notes written so that you can read part A and use a piece of paper or your hand to cover up Part B.

Memorize the material up to about 80%. Then try the following methods to make sure you really know everything.

- **Out Loud** - Read the front of the flashcard out loud, then recite what you have memorized is on the back of the flashcard. Finally, turn the flashcard over and read the back out loud again.
- **Listening** - Record yourself reading the flashcards out loud, then listen to it when you're working out, driving in the car, brushing your teeth, doing the dishes, or during some other activity where you have spare brain power.
- **Writing** - Rewrite the front and backs of the flashcards.
- **Moving** - Quiz yourself while you are walking or riding: around the house, on a track, on a treadmill or on an exercise bike. (Note: Do not do this in an area where you could be injured.)
- **Make it harder** - In high school, I memorized best when walking through my parents' narrow, twisty hallway. The added challenge of quizzing myself and also not bumping into the walls made me focus more. Try walking in an obstacle-filled room or quizzing yourself out loud in a noisy or busy place. My mother, a famous scientist, says she does her best to work in airports because she has to tune everything else out.