
Student Success \ Superlearning

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The Rose & Nicholl 6-step Plan: (5) Exhibiting What You Know

Challenge your learning and memory to be better prepared for tests and exams.

SELF-TESTING

This has been rated by the Scientific American Mind Special Edition (Vol.23, Number 4, Winter 2015, page 43) as one of the most effective study techniques:

- Take a sheet of paper, select an exam-relevant topic, and then give yourself a short-timed quiz [see Handout “Timed Self-Testing” from the Learning & Memory Workshop].

STUDY PARTNERS

This can be effective if the study group sets clear learning goals for exam preparation:

- Consider a study leader/manager to make sure group stays on track.

FLASHCARDS

- Very effective for rapid recognition of facts, details, and definitions.

WHAT DOES NOT WORK

The Scientific American Mind Special Edition (Vol.23, Number 4, Winter 2015, page 46) rates these as the most ineffective study techniques:

- Excessive highlighting.
- Constant re-reading of text, information, etc.