
Student Success \ Learning and Memory

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Timed Self-Testing Strategy

PICK A CLASS TOPIC THAT WILL BE ON THE UPCOMING TEST

- Give yourself a short timed quiz on that topic.

BEFORE YOU START, MAKE A QUICK PLAN

- What are you going to cover in that quiz?
- Pick something that your instructor will examine on you on.

TIME YOUR QUIZ

- Make your quiz short – around 5–10 minutes per topic.

FOCUS AS YOU DO YOUR QUIZ

- Concentrate on concepts your instructor considers important.
- Think logically and clearly.
- Do not get stuck: if you cannot exactly recall some details, keep moving to other items you can recall.
- If there are mental distractions: calmly and gently flow back to your quick quiz.

AFTER THE QUIZ

- Take a break (at least for 20 minutes).
- Compare what you wrote to your notes and/or textbook.
- Check for misconceptions and falsified recall.