

# Self-Testing

Gauge the effectiveness of your learning strategies.

- Reinforce information in your memory often so you can access it easily later.
- Create a checklist of study items and use short daily review sessions.
- Concentrate daily reviews on material you have just learned and material that involves simple memorization.
- Review at least once a week for each class. Access what you've learned and what you still need to learn during each study session.
- Review material periodically because information in long-term memory fades away without reinforcement.



## COD TUTORING SERVICES

LEARNING COMMONS: ONE-STOP ACADEMIC SUPPORT CENTER

**(630) 942-3686**

## Self-testing Apps

Download from iTunes or Google Play.



**StudyBlue**  
**Flashcards &**  
**Quizzes**

Quiz yourself and track your progress.



**SimpleMind**

Brainstorm by creating mind maps.

## COD Resources:

### Learning Commons

Student Resource Center (SRC), Room 2102  
(630) 942-3940

Improve your grades

## Strategies for Study Sessions



Create flashcards throughout and review in free time.



When reading, stop periodically and summarize in your own words. Check the text to see if you are correct.



Compose and answer questions before, during, and after reading, studying, or going to class.



Review notes to see if they are complete and can be understood.



Answer the review questions in your textbooks.



Restate material in your own words or try to explain it to someone. If it is difficult to explain, study it more.



Apply a principle or method you are learning.