

Appendix A

**Self-testing: Quizzing yourself gets high marks\***

Who can use it: Students in every subject

Intent: May help integrate new information with prior knowledge

Process:

- ✓ **Generate explanations** of what you learn by reviewing with questions such as:
  - **“What new information does the sentence/paragraph/section provide?”**
  - **“How does it relate to what I already know?”**
- ✓ Generate explanations: in your own words explain the new information and how it relates to something you already knew;
- ✓ Write down the explanation

Time: This technique takes time, with alternating activities of reading and writing.

Technique Benefits:

- Improves memory, comprehension and problem solving;
- helps in solving math problems and logical reasoning puzzles, learning from narrative texts, mastering endgame strategies in chess

Tip: Best used on the first reading, by writing explanations of the information from the sentence/paragraph/section;

- When reviewing material, re-read the explanations
- Further understanding of the material will require rewriting of the explanation
- Use these explanations for studying for exams and to ask questions
  - Questions may lead to research projects, either in class or through more formal research projects
- Explanations can be used to discuss material with study partners

\* Adapted from Dunlosky, J., Rawson, K.A., Marsh, E.J., Nathan, M.J., Willingham, D.T. (2013). What works, what doesn't. *Scientific American Mind*, September/October, pp. 47-53.