

1. READ



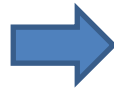
2. Write down on a piece of paper what you just read, but in your own words and not looking in the book.



A couple of days or a week later



3. Grab a sheet of paper and **write the name of the concept** at the top.



4. Explain the concept in your own words **as if you were teaching it to someone else. Make it as simple as possible.**



5. Review your explanation (or get someone else to look over it) and identify the areas where you **didn't know something** or where you **feel your explanation is shaky**. Once you've pinpointed them, use the textbook to correct and/or add information (using a different coloured pen).



6. Teach someone.



6a. Other options: make **mind maps** or question **flash cards**.



7. When you feel you have mastered it move to **another concept** and try some book **questions**.

