

IN CLASS YOU TRAINED

From memory, book closed

You pull it from memory without looking. What you retrieve yourself stays.

How to do it at home, with this week's material

1. Book closed. In five minutes write down everything you still remember from the lesson. Half things too.
2. Open the book. Tick what was right, add what you missed, in another colour.
3. Again tomorrow, but only what you missed. That is your list.

From memory

What I missed (first thing tomorrow)

How did it go? ☐ yes ☐ partly ☐ no