

IN CLASS YOU TRAINED

## In your own words

You put it in your own words and explain it. If you can explain it, you understand it.

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

1. Read one section, not the whole chapter.
2. Explain it in your own words to someone at home, or out loud to the wall. Where you stumble, reread that part.
3. Turn every heading into a question with one of the six words, and answer it without looking.

### In my own words

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### My questions from the headings

Who · What · Where · When · Why · How

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How did it go? ☐ yes ☐ partly ☐ no