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CYOA 9

Strategy #1. Summon Prior Knowledge

This strategy has you think about what you already know about the topic. You should ask yourself some basic questions about what you already know and your current understanding of the subject. Then think of what you aren't sure about in the subject and create some more questions to think of while reading the new material.

I chose this because it will allow me to attach new knowledge to prior knowledge which helps retention and my memory, especially under pressure.

This will help because I struggle with memory under pressure and by attaching new knowledge to prior knowledge I will have better recall and better understanding of each topic.

Strategy #2. Taking notes from knowledge

This strategy has you read the material and then create notes from it from memory. This will help me with understanding and lets me practice my ability to recall.

I chose this because I always copy notes down as I read and never try to create notes from memory. This will let me engage with the topic more and actually think about what I am writing down.

This will help me improve my memory and help me understand the material that I am studying. It will also slow me down and help me process things as I learn and read.

Strategy #3: Testing yourself

Using methods like flashcards, self explaining or small practice exams will allow me to check my understanding prior to class tests and as I learn.

I chose this because I rarely check my memory before the test in a proper way. This will also help me with memory and retention as I will put myself into a similar spot as a test or place where I will need to use my memory and that helps with active memory.

This will help me find any spots where I am missing knowledge which allows me to fix that prior to the moment it is needed. I will also be able to improve my memory and build some skill with information retention and retrieval.

Strategy #4: Review your exam

Instead of filing away an exam or just checking the results and being done, you should instead go back through and see what you did right and wrong. Take a little while to analyze the results and what worked for prep and what didn't work as well.

I chose this because I typically just file away my results as they don't seem to apply anymore but as I get further into my education more and more information builds on each other and I will need to build a good base to help me in the future.

This will help me in finding my strengths and weaknesses. By analyzing my mistakes and successes I can study better as well as make sure that my foundation for education is as good as it needs to be for the future.