

Topic:

Date:

1. Write your
study notes
here



Cue

Notes

2. Write questions,
keywords and
other prompts
for your notes



3. Write a
summary
of the most
important
information



Summary

Boost your results with the “5Rs”

1. Recite: Try to recall the main points of the material without looking at your notes.
2. Reflect: Think about the material and how it relates to what you already know.
3. Review: Go over your notes and summaries regularly to reinforce your learning.
4. Repeat: Continue to review the material periodically to keep it fresh in your memory.
5. Relate: Think about how you can apply the material to real-world situations or your own work or learning.

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