

Traffic Light Method

Years 7–12 | Effective Study Strategy | Syllabus Tool

WHAT IS THE TRAFFIC LIGHT METHOD?

The traffic light method is a self-assessment strategy applied directly to your syllabus dot points. You rate each dot point as red (don't understand it), orange/yellow (partially understand it), or green (confident). This creates a personalised study roadmap that directs your effort to where it is most needed.

WHY DOES IT WORK? THE PSYCHOLOGY

- It builds metacognition — the ability to accurately assess your own knowledge, which is strongly linked to academic success.
- Students frequently over-estimate their understanding; the traffic light system forces honest, granular self-evaluation.
- Prioritising red-rated topics prevents "easy wins" bias — the tendency to re-study what you already know.
- Regular re-rating shows progress over time, which is motivating and maintains momentum.

"Your job is to turn every red into green — systematically, one dot point at a time."

HOW TO USE THE TRAFFIC LIGHT METHOD

Colour	Meaning & Action
 RED	I cannot explain this at all. Priority 1 — address this first.
 YELLOW	I understand this partially or inconsistently. Priority 2 — needs more practice.
 GREEN	I can explain this clearly and answer questions on it confidently. Review periodically.

TRAFFIC LIGHT SYLLABUS TRACKER

List your syllabus dot points below and rate each one. Re-rate after each study session.

Subject:

Module / Unit:

Syllabus Dot Point	Rating Now (R / Y / G)	Rating After Study

Total Reds today: **Total Greens today:** **Target Green date:**
