DAY 109 WORKSHEET

Active Recall: Remember More by Testing Yourself

Skill area: Memory Skills

Use retrieval practice instead of simply rereading notes to strengthen long-term memory.

Student: _____ Date: _____

My learning goal

What topic or skill will I work on today? Write one clear, achievable goal.

Before I begin

What do I already know? List two things you remember and one question you have.

Practice activity 1

Complete a short task using the strategy from the article. Show your steps or give an example.

Practice activity 2

Try a second example without looking at your notes. Explain how you reached your answer.

Check my understanding

What was easy? What was difficult? Which answer or idea should I check again?

My next step

Write one specific action for your next study session and when you will do it.

Reflection: One thing I learned today: _____