

Write everything you remember about the topic before checking your notes.

Name: _____

Date: _____

Subject: _____

Topic: _____

Topic:

[illegible]

Reflection

What did I remember without help?

What did I miss or get wrong?

Next revision date:

Worksheet 2: Question and Answer Recall Sheet

Answer each question from memory before checking your source material.

Name: _____

Date: _____

Subject: _____

Topic: _____

Question	My Answer (from memory)	Check

Reflection

Score (correct out of total):

Questions to revisit:

Next revision date:

Worksheet 3: Flash Recall Grid

Fill in front-and-back flashcard pairs, then cut along the lines to build a deck.

Name: _____

Date: _____

Subject: _____

Topic: _____

Card 1 — Front	Card 1 — Back
Card 2 — Front	Card 2 — Back
Card 3 — Front	Card 3 — Back
Card 4 — Front	Card 4 — Back
Card 5 — Front	Card 5 — Back
Card 6 — Front	Card 6 — Back

Reflection

Cards I found easy:

Cards I need to review again:

Worksheet 4: Cornell Active Recall Notes

Use the cue column to test yourself before rereading the notes column.

Name: _____

Date: _____

Subject: _____

Topic: _____

Cues / Recall Questions	Notes

Summary (write this after closing your notes):

Worksheet 5: Spaced Repetition Planner

Schedule follow-up recall sessions at increasing intervals for each topic.

Name: _____

Date: _____

Subject: _____

Topic: _____

Topic	1st Review	2nd Review	3rd Review	4th Review

Notes on spacing intervals used (e.g. 1 day, 3 days, 1 week, 2 weeks):

Worksheet 6: Exam Simulation Worksheet

Complete under timed, closed-notes conditions to mirror real exam pressure.

Name: _____

Date: _____

Subject: _____

Topic: _____

Time allowed: _____

Total marks: _____

Question 1:

Question 2:

Question 3:

Question 4:

Reflection

Self-marked score:

Weakest question and why:

Next revision date:

Worksheet 7: Weekly Recall Tracker

Plan which topics to recall each day of the week and track completion.

Name: _____

Date: _____

Subject: _____

Topic: _____

Day	Subject / Topic to Recall	Done?
Monday		☐
Tuesday		☐
Wednesday		☐
Thursday		☐
Friday		☐
Saturday		☐
Sunday		☐

Reflection

Subjects that need more review time next week:

One thing that worked well this week:
