

STOP & JOT

A 'Stop & Jot' is when you write down everything you can remember about a topic. When you struggle to recall something you will remember it better the next time.

Write the name of the topic in the space provided. Then, give yourself 1 minute to write down all you recall about the topic in the first box.

Next, stretch your recall for 1 more minute and note anything new in the second box.

Lastly check what others have written down or check your own study materials (notes, book etc) and take 2 minutes to write down anything new that you remember in the third box.

TOPIC _____

1 minute

1 more minute

2 minutes - Check & Add