Date _____ Today's main topic _____

1 Check in (2 min). Energy: ☐ Low ☐ OK ☐ High

Park it. Anything on your mind? Jot it or doodle it here to clear your head.

2 Bring one back (3 min). First study page? Skip this step.

WHAT IT MEANS **A bring-back is not today's main topic.** It's an older topic you revisit so it sticks. Find it on your calendar, below today's main topic. Start with the first one.

DIRECTIONS

1. Find your bring-back on your calendar. Pick one question below to answer.
2. Book closed: answer it from memory on the lines. Write it, sketch it or say it aloud.
3. Check your book and fix anything that was off.

What is it? | Why does it matter for a client? | The steps, in order? | What is it easy to mix up with?

How sure were you?

☐ ☹ 1 not yet	☐ 😐 2 shaky	☐ ☺ 3 got it
↓	↓	↓
Study it again tomorrow	Study it again in 3 days	Study it again in a week

LAST STEP ☐ Write this topic on your calendar, on the day your rating says.

Receipts: Pyc and Rawson 2009, a lab study; Dunlosky et al. 2013. Spacing: Cepeda et al. 2006.

3 **Study your main topic (about 10 min).** Book open.
Read your book, notes or slides on today's main topic. Then close the book and go to step 4.

4 **Close the book (5 min).**

1. Set a 5-minute timer.
2. Write everything you remember about today's main topic.
3. Star (★) what you're sure about.

5 **Open the book (5 min).**

1. Switch to a different color pen.
   Typing? Put + in front of what you add.
2. Add what you missed.
3. Review what you got wrong, and fix it.

Scan to see how step 4 works

6 Go deeper (5 min)

DIRECTIONS

1. Pick one or two questions below about today's topic.
2. Book closed: answer in your own words.
3. Check your book and fix anything that was off.

Study group? Each of you picks one. Then share your answers and check each other's work.

☐ **Why does this work?** Or: why is it done this way?

☐ **How is it different from something like it?** Name the look-alike. Then say what sets them apart.

☐ **How does it link to what I already know?** A class, a service you've done, something from home.

☐ **When would I use it with a client?** Walk through one real moment, step by step.

☐ **What could go wrong if it's skipped or done wrong?** For the client, the service or safety.

☐ **Teach it to a new student.** Explain it in plain words, or sketch it.

Wrap up List your questions, then rate today

7 Questions I still have

My question	Who I'll ask	What I learned

8 How sure am I about today's topic?

Pick one, then plan when to study it again.

- ☐ ☹ 1 not yet → **Study it again tomorrow**
- ☐ 😐 2 shaky → **Study it again in 3 days**
- ☐ ☺ 3 got it → **Study it again in a week**

LAST STEP ☐ Write this topic on your calendar, on the day your rating says.