

## Flashcards

Wait a minute. Didn't we use these as a little kid? Yes and you learned your ABCs and 123s. Flash cards still work. They are an excellent tool to remember information.

- Review cards **OFTEN**. Carry them with you & pull them out from time to time.
- Prepare the cards **WELL IN ADVANCE** of the date the material will be tested.
- Study most cards you don't know or are not sure of. Reviewing cards you know well is a temptation but an inefficient use of time.
- When learning cards for the first time, **BREAK THEM UP INTO SMALL GROUPS**. Learn one group of cards, and then move to another group, reviewing all the cards from time to time.
- Shuffle the cards frequently and flip through them rapidly. This avoids learning the cards in a certain order. Remember, it is **NOT** the cards that improve memory; rather, it is **HOW OFTEN THEY ARE REVIEWED!**