Lecture Review

When you **review your notes within 24 hours**, you take advantage of how your brain naturally strengthens memory. This process is called neuroplasticity, which is your brain's ability to form new connections. The sooner you revisit material, the more likely it is to move from short-term to long-term memory. This worksheet helps you "lock in" today's lecture by summarizing, clarifying, questioning, and connecting.

Review

Right after class, your brain is still holding onto the freshest version of the lecture. Looking back at your notes during this window helps you spot what's missing or confusing before it slips away. When you write down questions now, you prime your brain to search for answers the next time you read, study, or meet with your professor. This process strengthens memory and prepares you to learn more effectively.

Go through your notes line by line. Highlight or mark the sections you don't fully understand, have missing information, or were left blank. Turn those gaps into specific questions to bring to your next class, tutoring session, and/or SI session.

GAPS IN NOTES	QUESTIONS I HAVE

Summarize

Writing a summary forces your brain to retrieve and rephrase information, which makes memory stronger than simply re-reading.

Write down the 3–5 biggest ideas from today's lecture. Keep it short and in your own words.

Build Questions

Writing your own questions helps you think like a professor and test how well you understand the material. Use this space to turn today's lecture into possible exam or quiz questions and you'll strengthen your memory and be ready for the real test.

Multiple Choice

1. Question:

Answers: a. c.

b. d.

2. Question:

Answers: a. c.

b. d.

3. Question:

Answers: a. c.

b. d.

Short Answer

1. Question:

Answer: _____

_____

_____

_____

_____

"Stoplight Method"

Use the stoplight method to check your confidence. Mark concepts as green if you understand them well, yellow if you're unsure, and red if you don't understand yet. This helps you see where to focus your study time.

Sort the key concepts from your notes into the columns below based on your confidence.

Green = High Confidence	Yellow = Medium Confidence	Red = Low Confidence