**USING MIND DUMPS* TO IMPROVE TEST SCORES**

* A Learning Strategy Based on Cognitive Psychology

1. Put all materials away
   No notes, books, videos, etc.

2. Grab a writing utensil and some paper

3. Pick a study topic to focus on

4. Mind Dump Time!
   Without looking at your notes/books, write down everything you can freely recall about your chosen topic

5. When you've recalled all that you can about the topic, compare your Mind Dump to your notes and textbooks; notice any gaps or misunderstandings in your knowledge

6. Start your study session focusing on the gaps in your knowledge of the chosen topic

**Expert Tip**

Keep record of your Minds Dumps for each study topic to see improvement over time. You are not only using real-time data to improve your long-term learning, but doing this can help you feel confident at test time!