

# USING MIND DUMPS\* TO IMPROVE TEST SCORES

*\*A Learning Strategy Based on Cognitive Psychology*

1

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



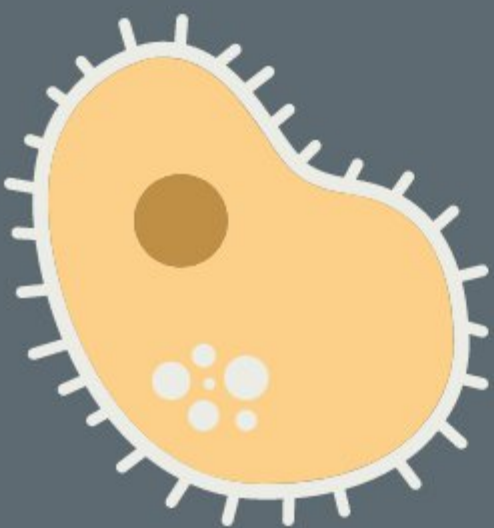
2

Grab a writing utensil  
and some paper



3

Pick a study topic to  
focus on



4

Mind Dump Time!  
Without looking @ 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!



To learn more about Mind Dumps and other effective learning strategies, connect with the campus Learning Specialist

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