Essay / summary approach to increasing deep processing of content

Write a summary (from memory – do not look at notes) of the topic answering the following 3 questions:

1. What did I know about this concept before the lecture / reading etc?
2. What is different or new about the concept? or What do I now know that I did not know before? How does it compare, contrast, or connect with other concepts that I know?
3. How would I apply it to patient care? (meds, treatments, lab values, how would the patient present, and what would I need to teach the patient)

After the summary is written (from memory), then compare it to the detailed notes – and anything that was left out is a “study gap” that is studied more.

On a subsequent day, re-write the summary / essay from memory (answering the same 3 questions) then assess the content of the summary essay against the detailed notes to see if the “study gap” areas are shrinking.