

Self-testing with concept maps

Materials Needed:

- Paper and pen, or a digital tool for creating concept maps (like Lucidchart, Coggle, or MindMeister)
- Pen and paper for the self-quiz, or a digital document
- A subject or chapter you're currently studying or the sample textbook page

Academic coach to also do this task alongside the student so you can compare ideas/tasks.

Instructions:

1. Create a Concept Map (10 minutes):

- **Outline the Main Concepts:** Start by writing down the main concept or central idea in the center of a piece of paper or digital canvas.
- **Branch Out:** Draw branches from the central idea to other related concepts, subtopics, or important details. Use lines or arrows to show relationships between concepts. Be sure to include brief notes or keywords for each branch.
- **Refine and Connect:** Ensure that the map accurately represents the structure and relationships of the topic. Adjust and refine as needed.

2. Self-Quiz Using Your Concept Map (8 minutes):

- **Create Questions:** Based on your concept map, write down 5-7 questions that test your understanding of the topic. These could be multiple-choice, short-answer, or true/false questions.
 - **Example:** If your concept map is about cell biology, questions might include: "What is the role of mitochondria in a cell?" or "Describe the process of cellular respiration."

Tip: You can use AI/the internet/your textbook to find or generate questions if you are struggling to think of them.

- **Answer Your Questions:** Set a timer for 5 minutes. Read each question and try to answer it based on what you've learned and your concept map. Write down your answers.

3. Review and Reflect (2 minutes):

- **Check Your Answers:** Compare your answers with your notes or textbook to check for accuracy.
- **Reflect:** Note any areas where your understanding was weak or where you had trouble. Consider reviewing those sections more thoroughly or seeking additional resources.

Discussion and reflection:

- Compare your concept maps with each other. Who's is clearer and easier to use? Why?
- What worked well for you during this process? How could you apply this to further studies or subjects?

Tips for Effective Self-Testing:

- Accuracy: Ensure your concept map is detailed and accurately represents the material.
- Variety: Use different question formats to challenge yourself and ensure a well-rounded understanding.
- Feedback: If possible, discuss your concept map and quiz with a peer or tutor to get feedback.