

FLASH CARD STUDY GUIDELINES

- Do not move on from one group until you have nearly mastered the last.
- When you move onto the next group always return to reviewing / **reinforcing** the previous group(s)
- Continue doing this until you have gone through all the groups

Once you have got through all the muscle separate the muscles into 3 piles

1. I Really know these
2. I think I know most of the info on these
3. I am struggling with these

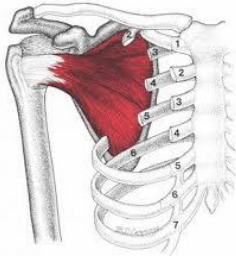
Study **Group 1 "I Know These"** first to make sure all the cards really belong there

As you study you may choose to move cards out of group 1 or study them more until they belong there



Next Study **Group 2 "I think I know most of the info on these"**

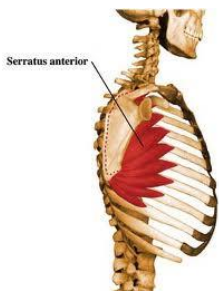
As you study you may choose to move cards out of group 2 to 1 or 3



Then Study **Group 3 "I am struggling with these"**

These should be the most challenging. Study them carefully and thoroughly.

As you study you may choose to move cards out of group 3 to 2



*repeat this process as many times as you need to, it may take several weeks or months depending on how much information you need to retain.

