

The blank-page recall log

After every session. Two minutes to fill in.

The last column is your study list. Nothing else is.

The error log

The most valuable page in this book for problem-based subjects.

Error categories

Conceptual — wrong principle.

Procedural – right method, wrong execution.

Arithmetic — slip.

Comprehension — misread the question.

Time — ran out.

After twenty entries, count the categories. The largest one is what to work on. Without the count, every mistake feels like a one-off.

The calibration sheet

Predict first, after a delay, then test.

Watch the confident-and-wrong row. That is the category that loses exams, and it is also the one most likely to stay fixed once you correct it and retest it.

The rolling review list

Chapter 5's spacing, done by hand.

Roughly double the gap each time. When in doubt, go longer.

The exam countdown

Fill this in the day the exam date is announced.

	Date	Done
Exam date		
Review 1 — 15% of remaining time from today		
Past paper 1, timed, cold	2 weeks before	
Past paper 2, timed, cold	1 week before	
Error log review	3 days before	
Full night's sleep	night before	non-negotiable

Timed and cold means no notes and no pauses. A past paper worked with the book open measures your reading, not your recall.

The semester map

Week one of every term. One page.

Fill the “start by” column before you look at anything else. Then circle any week where two start dates land together.

The weekly session template

What a single ninety-minute session looks like once all four weeks are in place.

Minutes	Activity	Chapter
0–10	Recall last week's topic, closed book	5
10–15	Pretest today's material — headings as questions, attempted cold	8
15–40	Study section 1, then stop and recall it aloud	11, 10
40–45	Break — phone allowed	20
45–70	Study section 2, then stop and recall it aloud	11, 10
70–80	Blank-page recall of the whole session	4
80–90	Log gaps, log errors, schedule the review	16, 5

Notice what is not in there. Rereading. There is no slot for it because it does not earn one.

The one-page summary

If you screenshot one page of this book, make it this one.

THE PRINCIPLE

If it feels easy, it probably is not working.

Always

- Close the book and recall. Do not reread.
- Space reviews at roughly fifteen per cent of the time until the exam.
- Mix problem types. Do not block them.
- Ask why, out loud.
- Sleep the full night, before and after learning.
- Test yourself before you study, and get it wrong on purpose.

Never

- Judge your readiness immediately after studying.
- Treat highlighting as studying.
- Reread a solved problem and call it review.
- Let AI do a retrieval you could have attempted.
- Cram.

When you do not know what to do

Write down everything you remember on a blank page, then study what is missing.