Creating test questions in your notes increases your understanding of your course material and prepares you for your exams!

Think of all the information you learn in a class as answers to questions. Instructors often prepare lectures by thinking about the subject to be covered, determining the important questions to be asked about the material, and then writing the lecture as answers to those questions. Question Generating in your notes helps you to anticipate what questions professors’ will ask on exams.

At the exam, you will see that many of the questions are similar or perhaps identical to the questions that you created in your notes. This leads to better grades and less test anxiety!