

Active Recall Question Planner

Turn notes into questions you must answer from memory, then track spaced reviews.

Why answer before you look?

Most flashcards let you glance at the front, think "I know that", and flip. That mostly trains recognition. Making yourself produce an answer first — even a wrong one — is retrieval practice, one of the best-supported study techniques in learning research. This planner helps you write those questions from your own notes.

How to turn notes into questions

1. Take one small chunk of notes (a sub-topic, not a whole chapter).
2. For each fact or idea, write a question that forces an answer: "What causes...?", "Define...", "List the three...", "Explain how...", "Compare... with...".
3. Prefer open questions over yes/no. Cover the answer column when you practise.
4. Say or write your answer before checking. Mark Got it or Again.
5. Review on a spaced schedule: same day, then about 1, 3, 7, 14 and 30 days later (page 3).

Question stems that work

- | | |
|---|--|
| ☐ What is / Define ... | ☐ What is the difference between ... and ...? |
| ☐ Why does ... happen? | ☐ Give an example of ... |
| ☐ How does ... work / lead to ...? | ☐ What would happen if ...? |
| ☐ List / Name the ... | ☐ Explain the steps to ... |

Before you start

Name / class: _____

Date: _____

Subject: _____

Topic / unit: _____

Notes source (page / chapter): _____

Spacing pattern mirrors common Leitner / spaced-repetition schedules (reviews ~1, 3, 7, 14, 30 days).

Question sheet

Cover the Answer column when you practise. Tick Got it or Again after each try.

Topic: _____

# Question (from your notes)	Answer / key points (hide this)	Got it
1		☐ Y ☐ N
2		☐ Y ☐ N
3		☐ Y ☐ N
4		☐ Y ☐ N
5		☐ Y ☐ N
6		☐ Y ☐ N
7		☐ Y ☐ N
8		☐ Y ☐ N
9		☐ Y ☐ N
10		☐ Y ☐ N

Tip: if a question is always "Again", rewrite it simpler or split it into two smaller questions. Prefer ready-made answer-first cards? Free tool at recall.askpoppy.ai.

Spaced review tracker

Log each question set. Tick reviews at ~1, 3, 7, 14 and 30 days. Keep the last fortnight before an exam for past papers.

Subject: _____

Exam / deadline (optional): _____

Topic / set	First learn	+1 d	+3 d	+7 d	+14 d	+30 d	Notes
		☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	

How to use the grid

- Write the topic name and the date you first learned it (First learn).
- Schedule the next five reviews roughly 1, 3, 7, 14 and 30 days later. Tick the box when done.
- If you miss a review, do it as soon as you can — do not skip ahead.
- Questions marked Again go back toward the start of the schedule.
- In the final 14 days before an exam, switch to mixed past-paper practice.

This is a planning template, not a personalised timetable. Adjust spacing to fit your calendar. Free interactive flashcards with answer-first practice: recall.askpoppy.ai.