



**NEUROGENETICS
INSTITUTE**
SCIENCE. MIND. POTENTIAL.

BRAIN DUMP WORKSHEET

Pre-Study Exercise Template · Summer Exam Advantage

1 TOPIC RECALL

Write down everything you currently remember about your chosen topic. Do not look at your notes — this is from memory only.

TOPIC NAME

EVERYTHING I REMEMBER (5-10 MINUTES)

REMINDER

Don't worry about organization or completeness. Just write. Half-formed sentences, diagrams, keywords — everything counts.

2 KNOWLEDGE GAPS TRACKER

Check your recall against your source material. Mark what you missed or got wrong.

WHAT I MISSED

WHAT I GOT WRONG

CONFUSION POINTS (THINGS I DON'T FULLY UNDERSTAND)

- ☐ Circle your top 3 priority gaps to address first
- ☐ Star any concepts that need complete re-learning
- ☐ Box any minor details that can wait

3 ORGANIZATION FRAMEWORK

Organize your knowledge gaps into a structured plan. Group related concepts together.

CATEGORY 1

CATEGORY 2

CATEGORY 3

CONNECTIONS TO OTHER TOPICS

4 REVIEW PLANNING AREA

Schedule your spaced repetition reviews based on your gaps. Use the 1-2-7-14-30 day schedule.

PRIORITY TOPICS FOR REVIEW

DAY 2 (TOMORROW)	DAY 7 (NEXT WEEK)	DAY 14	DAY 30

PRO TIP

Set calendar reminders for your review days. Treat them as non-negotiable appointments with your future self.

5 IMMEDIATE ACTION STEPS

What will you do in the next 24 hours to address your biggest gaps?

STEP 1 (DO THIS TODAY)

STEP 2 (DO THIS TOMORROW)

RESOURCES I NEED (TEXTBOOK PAGES, VIDEOS, PRACTICE QUESTIONS)

- ☐ Set up my study environment (phone away, clear desk)
- ☐ Schedule my first 25-minute focus block
- ☐ Prepare my active recall materials

WE'RE HERE IF YOU NEED US

Completing this worksheet is a powerful first step. If this process helped you feel more in control of your learning, we'd love to support you further.

There's no pressure at all. But if you ever want to explore more tools, or if you just have a question about your specific learning style, our door is always open.

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