



Fluency Self-Check Kit

Fluency is functionally defined as performing quickly and accurately. So, let's check your fluency!

Name:

Date:

Module:

Complete this fluency check right after you complete each module. Then, come back in 2-3 days and complete the kit again to check your retention!

How do I feel about this module?

What am I struggling with right now?

I understand the content

Yes

No

I know the clinical definitions

Yes

No

I can list several examples of the main terms

Yes

No

I scored 100% on the quiz

Yes

No

I reviewed all answer explanations on the quiz

Yes

No

I read all suggested readings

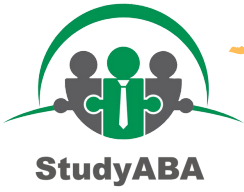
Yes

No

Overall, I'm fluent in this module!

Yes

No



Fluency Self-Check Kit

1 Never

2 Sometimes

3 Usually

★ 4 ALWAYS

1 2 3 ★

Stress Management

I studied in a calming, organized space

I used healthy activities or practices to reduce stress

I expressed my needs and feelings in a timely manner

I prioritized fun as often as work and studying

When stressed, I took action in some way to reset

1 2 3 ★

Routine Integrity

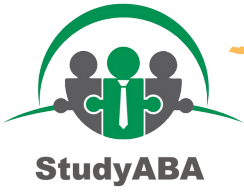
I studied at least one module per week

When I set a time to study, I started on time

When I set a time to study, I committed to the full time

I committed to my study plans and didn't reschedule

I communicated my schedule and goals to others



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1 2 3 ★ **Self-Care**

I got 6-8 hours of sleep every night

I drank ample water and eat a balanced, healthy diet

I said "no" to additional, unwanted responsibilities

I reflected, journaled, or shared my feelings often

I worked on projects or tasks that inspire me

1 2 3 ★ **Reinforcement**

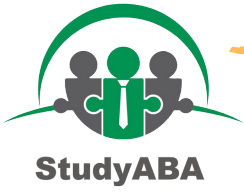
I scheduled something exciting for post-study time

I withheld rewards if I broke a study commitment

I used high value reinforcement for frustrating tasks

I reviewed and altered my reward system based on data

I shaped my study behavior using reinforcement



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Application

I recognized concepts in multiple environments

I can think of 3 or more examples for the terms

I could explain how new concepts connect to others

My performance indicated I have generalized concepts

Concepts from this module connect to others

1 2 3 ★

Stability

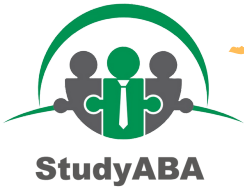
I answered questions quickly, with certainty

I could explain the concepts, even if distracted

I determined answers without second-guessing

My understanding is not impacted by my environment

Timers had no impact on my ability to answer



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1 2 3 ★

Endurance

I correctly recall previous concepts while studying

I identified examples of terms in daily life, weekly

I played out concepts in my mind after studying

I reviewed my errors until I understood

I demonstrated understanding without reinforcement

1 2 3 ★

Retention

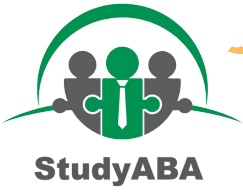
I increased my quiz score 3+ days after studying

I wrote my own examples of the vocab and concepts

I reworded the definitions using layman terms

I knew definitions without using pneumonic devices

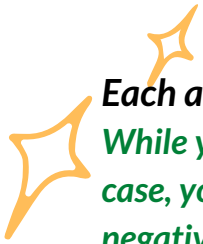
My performance was indicative of understanding



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Date:
MODULE:

These factors all impact your learning outcomes. Add up your scores and color in each section of your wheel. Your goal is to have a fully colored fluency wheel at the end of each module!



Each area is important!

While your retention may be great, your self-care may be lacking. If this is the case, you may walk into the exam feeling exhausted and burnt-out, which can negatively impact your performance during the exam.

