Essay / summary approach to increasing deep processing of content

Write a summary (from memory – do not look at notes)   of the topic answering the following 3 questions :

1. What did I know about this concept before the lecture / reading etc ?
2. What is different or new about the concept ? or What do I now know that I did not know before? How does it compare , contrast, or connect   with other concepts that I know ?
3. How would I apply it to patient care ? (meds , treatments , lab values , how would the patient present , and what would I need to teach the patient)

After the summary is written (from memory) , then compare it to the detailed notes – and anything that was left out is a "study gap" that is studied more .

On a subsequent day, re-write the summary /essay from memory (answering the same 3 questions) then assess the content of the summary essay against the detailed notes to see if the "study gap " areas are shrinking .