



JOG YOUR MEMORY



Not sure where to start or need a quick reminder of what you did and who you talked to? These tools are a great starting point to remember your experiences

USEFUL FOR

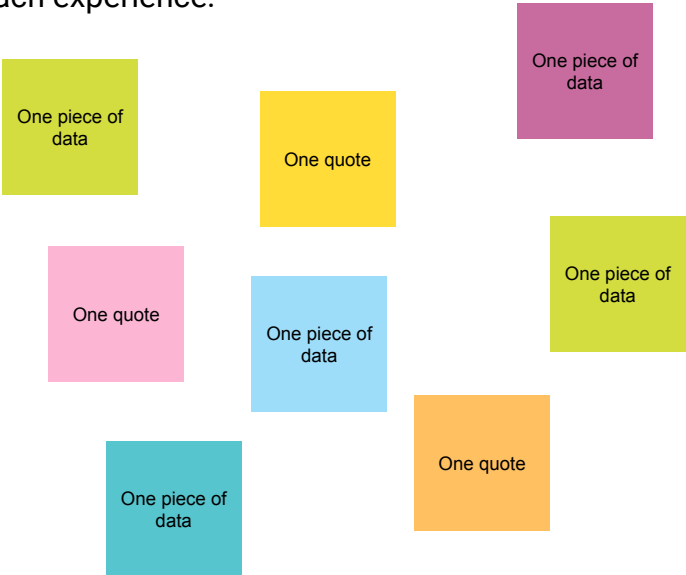
- Remembering your conversation(s)
- Making data visible

TOOLS

- Data Capture
- Terp Snapshots
- Journey Mapping
- Rant + Review

Data Capture

Make your data visible, portable, and tactile by moving it from your head or your notes to post-its. Re-read your notes and write down key pieces of information and quotes on post-its. Write one piece of information or quote per post-it. Keep your Talk to a Terp / Shadow a Terp experiences separate by using a specific color for each experience.



One piece of data

One quote

One piece of data

One quote

One piece of data

One piece of data

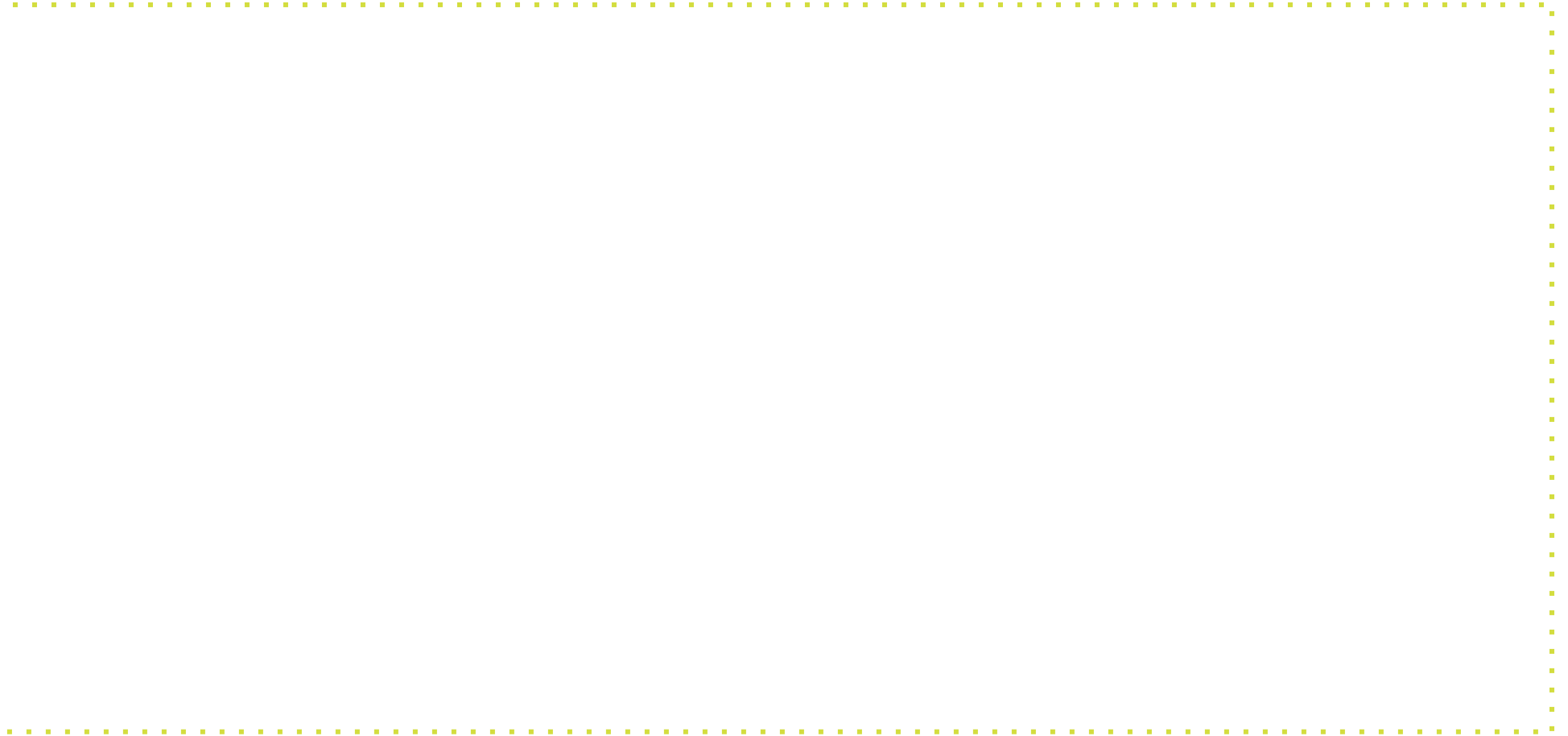
One piece of data

One quote

Rant + Review

RANT!

Did something from your Talk to a Terp or Shadow a Terp experience get you fired up? Now is the time to rant about it. Set a 3 minute timer and rant about the thing that got you fired up – be as descriptive as possible. Use the back of the sheet, if needed.



REVIEW

Phew! Once the timer goes off, take a breath and review what you wrote. Underline strong emotions and circle the things you want to dig further into – this could be something you want to understand better or take action on.