

Disability Services

reverse side of the card, you would write the answer or response to the statement.

An important aspect of SAFMEDS is that when you make a mistake, it is not wrong but

You will need about **80-100 cards** to effective.

How to use SAFMEDS:

1. Set a timer **for one minute** and start the clock.
2. **Read** the first question **silently**, say the answer out loud then turn the card

learning opportunities, one for the correct answers and another for the total number of cards.

6. Before you repeat the exercise the next day, **shuffle** the deck of cards.
7. It is important that you complete the exercise **every day** and **keep recording** your progress.
8. It is important to be **as fast as possible**; if you do not know the answer, move on to the next card immediately with no hesitation and put it down as a
9. You should see an improvement in the number of total cards used and correct answers **fairly quickly**. However, if not, try extending the time to two minutes or read all the cards, saying the answers out loud before beginning the task each day.
10. Try **one new thing** at a time and record what change you made. Graphing the results will help create a visual understanding of the results.