Make your own light meter dials

Cut out the two circles and assemble them with a pin or paper clip in the middle.

In an evenly lit situation in which the lighting will not change, take an exposure reading with your in-camera light meter. Using the paper meter, line up the f-stop and the shutter speed your camera meter indicates. Once this combination is set you can easily see the other equivalent exposure combinations available to you.

Remaining in the identical situation, change the f-stop on your camera. Your camera meter will recommend a new shutter speed. Look at your paper meter again and you will see that the new camera combination coincides with one of the combinations on the paper meter.