

# Study Strategy #2 - Retrieve It

## Retrieve Practice: Retrieval overtime builds understanding

### What is it?

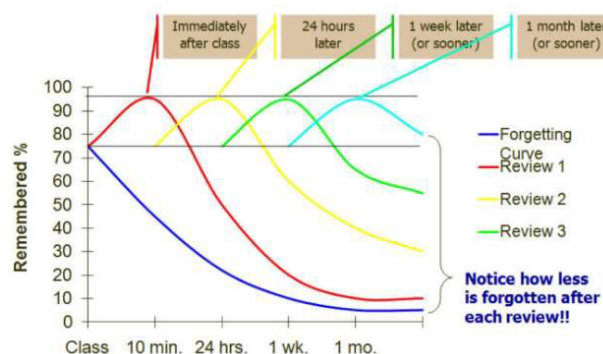
Retrieval Practice is the purposeful action of bringing learned information to mind from one's long-term memory. It exploits the **psychological testing effect** and is very **efficient** in consolidating long-term memory.



The testing process helps identify gaps in one's understanding while strengthening future recall.

Active retrieval overcomes the decline of our memory as described by the **Forgetting Curve** (Ebbinghaus, 1885, see right).

Each retrieval connects and cues knowledge that then improves the ability/efficiency of future recall.



### Study Strategies that Employ Retrieval Practice

Exemplar study strategies that use retrieval practice are:

- 1. Quick Review:** Consists of a question/problem from work covered yesterday, last week and a month ago.
- 2. Practice Test:** Self-testing or taking practise tests under those settings (i.e., closed book, no notes and time limits) and environments that simulate test conditions.
- 3. Paired Quiz:** Allowing students to quiz each other in pairs activates them as learning resources for another.

### Best Subjects to Apply Retrieval Practice

All Subjects

### What is the evidence of its impact?

Karpicke and Roediger (2008) studied two groups (Retrieval and Studied by Reading):

- The group that predominately used **Retrieval** averaged **80%** on the test.
- The group that predominately **Studied by Reading** averaged **36%** on the test.
- Extra study repetitions of reading were of little benefit with no improvement in the final performance.

