

RETRIEVAL PRACTICE

REMEMBER BETTER AND
EXCEL AT TEST-TAKING!



What is retrieval practice?

Definition: A learning strategy that involves repeatedly recalling learned material without seeing it in front of you. It's not about learning more, but about retrieving what you already know.

What are the benefits of retrieval practice?

- Every time you retrieve a memory, it makes it stronger (and easier!) to retrieve the next time – practice increases speed of retrieval.
- It identifies gaps in learning to help you focus on what you don't know.
- It will help you better organize information in your brain.
- It can decrease test anxiety by up to 72%.

How do I do retrieval practice?

- **Self-test!** Create practice questions and review them regularly. Use a variety of question types (fact-based, concept-based, and complex questions).
- **Use practice questions** – Find questions from your course materials, textbooks, and online resources to evaluate your knowledge.
- **Create flash cards** – Put the question on one side and the answer on the other. Use an app or cue cards.
- **Knowledge elaboration** – Draw a mind map of everything you know on a topic. Compare it to your notes – what do you know well? What did you forget?
- **Revision Clocks** – Choose 12 mini topics and, without using notes, give yourself 5 minutes to write down as much as you remember about each topic.