

THE TESTING EFFECT

HOW TO STUDY EFFECTIVELY

Created by Nicole Vendrame, as part of their Knowledge Translation Internship with Teaching and Learning Research (TLR) In Action



WHAT IS THE TESTING EFFECT?

The testing effect refers to the robust finding that we retain information better when we practice retrieving it from memory compared to repeatedly re-reading it.

HOW TO USE THE TESTING EFFECT

1

TRY USING CUE CARDS

Using cue cards is a great way to test yourself on any information that you want to remember!

2

PAY ATTENTION TO DIFFICULTY LEVEL

If you make your tests too challenging right away, you may become frustrated and discouraged. Try working up to more difficult test questions and don't give up!

3

TEST YOURSELF IN DIFFERENT WAYS

Use different types of question formats (e.g., multiple choice and matching) and online resources (e.g., Quizlet and Kahoot) to test yourself in different ways and help you stay engaged!

4

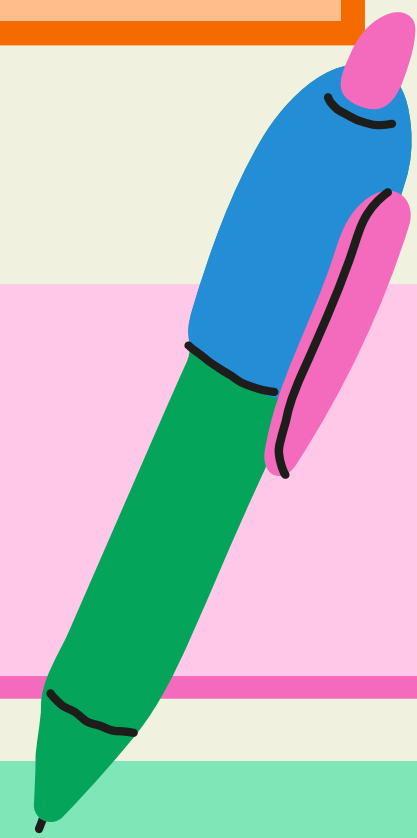
TEAM UP WITH A BUDDY

Find one or more people to work with! You can each create test questions to test each other and provide corrective feedback

5

ASK FOR AND USE CORRECTIVE FEEDBACK

Corrective feedback has been shown to enhance the testing effect by helping you to identify any retrieval errors that you've made - this will help ensure that you don't make the same errors again in the future (especially on an exam)!



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SZEIBERT, J., MUZSNAY, A., SZABÓ, C., & BERECZKY-ZÁMBÓ, C. G. (2022). A CASE STUDY OF USING TEST-ENHANCED LEARNING AS A FORMATIVE ASSESSMENT IN HIGH SCHOOL MATHEMATICS. INTERNATIONAL JOURNAL OF SCIENCE AND MATHEMATICS EDUCATION. [HTTPS://DOI.ORG/10.1007/S10763-022-10264-8](https://doi.org/10.1007/s10763-022-10264-8)

MARIJA VOJDANOSKA, CRANNEY, J., & NEWELL, B. R. (2010, NOVEMBER). THE TESTING EFFECT: THE ROLE OF FEEDBACK AND COLLABORATION IN A TERTIARY CLASSROOM SETTING. APPLIED COGNITIVE PSYCHOLOGY. DOI: 10.1002/ACP.1630