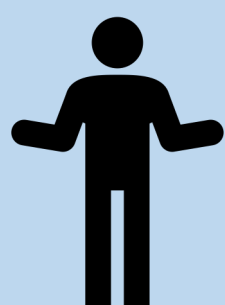


Want To Improve Your Grades? Try Retrieval Practice

What is retrieval practice?

It's a learning practice backed by research which has shown to make tested information easier to access from the brain overtime¹. This practice has overall better outcomes for strengthening knowledge and retaining information compared to re-reading^{2,3}.



How Do I Use Retrieval Practice?

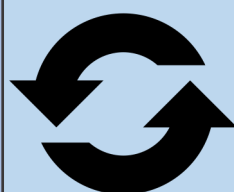
Step 1. Prepare

Gather relevant course materials. Find or create testing components like flashcards, practice tests, study questions etc.



Step 3. Test Yourself

Use a testing component after each study session. Make sure you get feedback on your answers (look at an answer key, find answers yourself in the relevant course material...).



Step 5. Reap the Benefits!

This method has been shown to improve exam scores when used effectively^{1,3}. This is called the testing effect!



Step 2. Get Familiar

Familiarize yourself with the course material by studying your notes or reading the textbook.

Step 4. Repeat

Do these study-test sessions on a regular basis. Space them over time leading up to your exam.

¹ Barenberg, J., Berse, T., Reimann, L., & Dutke, S. (2021). *Applied Cognitive Psychology*, 35(3), 700–710.

² Greving, S., Lenhard, W., & Richter, T. (2022). *Teaching Of Psychology*, 0(0), 1-10.

³ Szeibert, J., Muzsnay, A., Szabó, C., & Bereczky-Zámbó, C. G. (2022). *International Journal of Science and Mathematics Education*.