

Retrieval Practice

Education

Bringing something to mind strengthens it more than reading it again.

Retrieval practice is the act of recalling information from memory without looking at it. The effort of retrieval is what strengthens the trace, so easy retrieval teaches less than hard retrieval.

REPLICATIONS
hundreds

ALSO CALLED
the testing effect

- Testing beats restudying at every delay past a day.
- The benefit grows as the delay grows.
- Free recall beats recognition for durability.
- It works with or without feedback, better with.
- Low-stakes quizzing carries the same effect.
- Students consistently predict the opposite result.

LOOK FOR IT

Roediger and Karpicke, 2006: after a week, students who had been tested recalled far more than students who had reread the same passage.

Well supported and robust across ages, subjects and formats. One of the few classroom findings that replicates reliably.