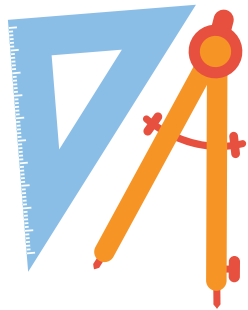


ACADEMIC ADJUSTMENT

Now that you know how important it is to test yourself while you are studying you can try some of these tips:

- 💡 *Make a plan* for how you are going to break up the material so that you can spread out your studying sessions. **But caution:** it is tempting to get stuck on the to-do list phase. Don't overthink it.
- 💡 As you study, stop and *check your progress by testing your knowledge*. Don't save your self-testing for the end of your studying. Integrate it throughout your study session.
- 💡 If the result of your self-testing suggests that you are having trouble, adjust your plan accordingly. Perhaps you need to be considering the content more deeply or you might need to hone in on a specific topic.
- 💡 Remember, as the kids used to say, **test yourself before you wreck yourself**.



STAY CONNECTED

To learn more about this topic check out this video by Dr. David Myers: <https://www.youtube.com/watch?v=rFIK5guthHKM>
Or this reference:

Tullis, J. G., Finley, J. R., & Benjamin, A. S. (2013) Metacognition of the testing effect: Guiding learners to predict the benefits of retrieval. *Memory and Cognition*, 41, 429-442.



To access other **Psychtools for School** resources please visit: <http://tinyurl.com/hbw7zff>

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Project Creators:
Dr. April McGrath,
Dr. Amanda Clark,
Dr. Kelley Robinson



Test Yo'self to Know Yo'self!

Test Yo'self to Know Yo'self!



SITUATION



Even though he reviewed the notes from class twice and read all of the assigned chapters, Samuel had a really hard time choosing the right answers on his recent exam. He thought he knew all the concepts and felt confident going into the test so he's not sure what went wrong. He's already ruled out the breakfast burrito he ate that morning so how can Samuel do better next time?

PSYCHOLOGY CAN EXPLAIN THAT

Active studying involves more than simply looking over the material a few times. It's important to identify what you know and don't know. This requires metacognition which is a process by which you think about your thinking. That may sound strange, after all, how do you think about thinking if the thinking you're thinking about is the thinking you're thinking? But don't worry, the risk of your mind descending into a thought-vortex which traps you in an abstract dimension is very low. So let's learn how to think about thinking!

You will be most successful as a student if you become keenly aware of what you actually understand and what requires improvement. One of the most effective ways to gain this understanding is through self-testing. This strategy is especially helpful when implemented during a study session rather than at the end (Tullis, Finley & Benjamin, 2013). Keep in mind that the end of study session is when your attention wanes and your craving for breakfast burritos becomes overpowering.

When you self-test you must retrieve information that you know. Every time you engage in retrieval your memory for that material becomes strengthened. In this way, self-testing is an incredibly valuable strategy for learning and remembering!

Here's one last suggestion. Once you've gotten comfortable with self-testing and monitoring your knowledge, it is important to consider adjusting your studying strategies if they aren't currently working for you. For example, if you create simple flashcards try to create elaborate ones with examples, questions, and related concepts in addition to the definition.

CONSEQUENCES

If you didn't know these research findings about metacognition and the benefits of self-testing, you might be tempted to:

- 💡 "Go over" your notes and the text without really thinking about it.
- 💡 Avoid spending time testing your knowledge while you are studying.
- 💡 Put your text book under your pillow and absorb information through osmosis



SIMPLY REVIEWING YOUR NOTES OR YOUR TEXT DOES NOT MEAN YOU KNOW THE MATERIAL YOU ARE STUDYING. YOU'LL REMEMBER BEST IF YOU CHECK ON YOUR KNOWLEDGE INTERMITTENTLY BY TESTING YOURSELF!

