

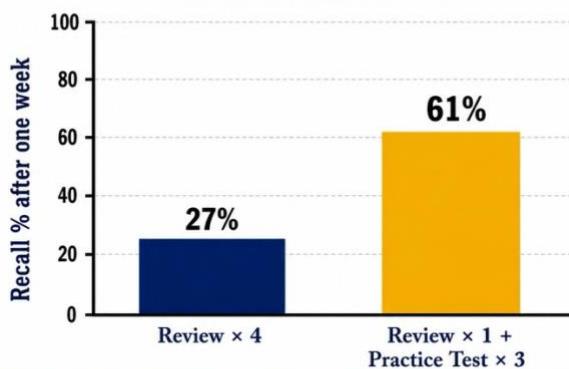
Remember More

with Retrieval Practice

You might learn more from taking a test than studying for one.
(At least if “studying” means “reading over your notes.”)

THE SCIENCE OF LEARNING

“The Testing Effect”



Practice tests more than doubled recall.

Students who spent most of their prep time taking practice tests significantly outperformed students who only did passive review, and even just one practice test more than doubled student recall rates over review alone (Roediger & Karpicke, 2006).

AI PROMPTS YOU CAN USE TODAY

Use these as templates and modify them to fit your situation.

1

Build a Practice Test

Design a medium-difficulty, 20-question, multiple-choice practice test based on these three readings from class and my notes, then give me the test, score it, and provide advice to improve.

2

Adjust the Difficulty

Based on my score on the last practice test I took, design another practice test that's a little easier / harder, then give me the test and analyze my results.

3

Focus Your Study Time

Based on my last practice test, create an X-hour study plan for the three main topics that I need to review.

DO THIS, NOT THAT



DO



Take practice tests.



Recall from memory.



Annotate with a pen.



Analyze your performance.



DON'T



Read your notes over and over.



Use AI summaries.



Highlight entire pages.



Self-test without reflecting.

TRY IT RIGHT NOW



JOT
What You Know
(No Notes)



CHECK
Gaps & Mistakes



ASK
AI to Quiz You



REFLECT
before re-testing



University of
Pittsburgh
Teaching Center