

Retrieval Practice – Video Transcript

INTRODUCTION SCREEN [Music] – Retrieval Practice

Student 1: I don't get it. I studied all week. But when I got into the test, I couldn't remember anything.

Student 2: How did you study?

Student 1: I read through my notes over and over. [sighs] I thought I had everything memorized.

Student 2: You should try using retrieval practice.

Student 1: What's retrieval practice?

Student 2: Retrieval practice is when you try to recall something from memory on purpose, like you needed to do on the test. It's actually really easy, you just quiz yourself. You can use flashcards. Or answer homework questions or practice tests without looking at your notes.

Student 1: But how will that help? What if I don't remember anything?

Student 2: Retrieval practice helps you by strengthening the connections between information in your brain. The more you do it, the stronger those connections become, and the more connections are made. It's like how if you walk through the woods in the same spot over and over you eventually clear a path! When you answer questions or try to remember something, your brain needs to pull that information from your long-term memory. It's exactly what your brain has to do when you're writing a test, but it has to practice first.

Student 2: And it's okay if you don't remember much in the beginning. That just means that you haven't learned the information deep down yet. Keep working at it. Correct your mistakes, add any missed information, and try again. The more you do it, the more you'll remember and you will remember it faster and more easily...

[Time has passed and the students have written another test]

Student 2: So? How'd it go?

Student 1: I did what you said. I completed the homework without looking at my notes. In the beginning, it was awful, I kept making so many mistakes. But then, a few days before the test, I started getting more and more questions right. I'm feeling really good about that test!

Student 2: You too can use retrieval practice to better prepare for your tests. Try it today, using the tools in this course.

END SCREEN [Music] – This project was made possible with funding by the Government of Ontario and through eCampusOntario's support of the Virtual Learning Strategy. Created by Durham College.