RETRIEVAL PRACTICE

There are three stages of learning: **encoding** (taking information in), **consolidation** (storing information into memories), and **retrieval** (recalling what you learn)! The last stage can be practiced by testing yourself, and is an incredibly powerful tool for learning. Retrieval practice is important for any class with foundational knowledge that you should remember and understand. **Retrieval allows you to:**

STRENGTHEN WHAT YOU KNOW

When you test yourself, even if you already knew everything, you're still helping yourself! That's because retrieval practice helps you strengthen existing neural pathways and make stronger connections.

IDENTIFY WHAT YOU DON'T KNOW

When you study with retrieval practice, you find out what you don't know before it gets to the exam. Reviewing and re-learning course material is more efficient and effective when you a focusing on topics where you are struggling.

POTENTIATE NEW KNOWLEDGE

With retrieval, it can be frustrating to try to recall and not get it at first. However, you are still doing good work! You are creating neural pathways so that when you go back to re-learn, it is easier to do so.