

Recognition and Recall



Think of studying as rehearsing for a performance. When a pianist rehearses, they practice playing the piano... not the drums.

The same is true for studying. Rehearsing means doing the kind of tasks (over and over) that you will be expected to do for a test such as answering questions, solving problems, writing essays, etc.

The type of question you will be required to answer should influence how you study.

FUN FACT! There are only two types of questions.

Recognition Questions

- These are questions where the correct answer is given to you, but you need to RECOGNIZE and choose it
- Multiple Choice, True/False, Matching

Effective study strategies for recognition include:

- Reading class notes and textbook highlights
- Utilizing mnemonic devices to remember facts
- Creating and using Q-cards to learn definitions and key points in concepts and theories
- If a theory or concept is difficult, try "teaching" it to a friend, classmate or your dog

*Your job is to know the answer, so come test time... you can choose the answer that is most like the one you know

Recall Questions

- These are questions where you are required to RECALL information and provide an answer
- Essay, long and short answer questions, fill-in-the-blank

Effective study strategies for recall include:

- Recitation
- This means producing information you want to remember without looking at it, out loud
- Your memory grows stronger when you can do this, and it gives your brain a chance to practice what will be expected come test time
- Again, Q-Cards work well for this
- Or, if you're given the essay questions... then answer them
- Write out the main points and the arguments you will use to support them
- Then repeat them over and over until you no longer need to look at what you've written

Retrieval Clues

- These are words or images that are used to trigger your recall of specific information
- Let's say you forget the name of your friend's cat
- If your friend were to say the letter "F", that clue is more likely to trigger the name "Fritz"
- When you are studying, try grouping information into categories
- Or if you can't recall one point about X... think about everything you do know about X
- Related information is all stored in the same area of your brain and this is more likely to trigger the information you're searching for
- Acronyms, acrostics, pictures, etc. They can all be used to retrieve the information you want to remember