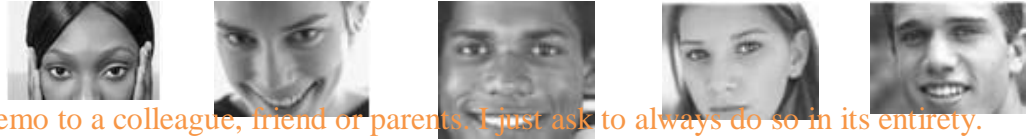


"The most effective, timely information on helping young people. Intended for schools, institutions and home."

# Dr. Mayer's Memo

Volume 24, Issue 07



Feel free to send this Memo to a colleague, friend or parents. I just ask to always do so in its entirety.

## Better, easier test taking and Retention. Right in Time for Finals

As we approach yet another final exam season I want to pass on some research on the best techniques for students to learn and study for a test.

Students in a study published last January in the journal *Science* performed 50% better on tests taken one week later after they read the assigned materials and then immediately spent 20 minutes writing down what they recalled from their reading.

The researchers said that the simple act of remembering knowledge enhances learning and increases memory. These researchers claim that these students did better than students who drew complex diagrams of relationships between concepts they just read and certainly better than students who just read the material, put it away and then studied for the test a few days before the test date. Reading assigned homework material and then immediately writing it enhances learning and strengthen memories. I believe the classic study aid of FLASH CARDS would work nicely to use in reflection of this new research. Teach the student to create flash cards each time they read assigned material, then a few days before the test start reviewing the flash cards they made. Now, this sounds familiar to many of you, but remember the new tip is that the student should immediately write down

their memory of what they just read. So, they are not creating their flash cards days after the initial reading, but immediately after doing it. This is the important revelation here.

So, the process becomes:

- 1-Read Assignment.
- 2-Write down what you remember from the reading-this can be in the form of a flash card (recommended).
- 3-Check your flash cards for accuracy and additions.
- 4-Use final versions of flash cards for test preparation.

BTW, also in that same issue of *Science*, another study showed that writing down about your fears and worries 10 minutes before taking a test significantly improved the test results of students who suffered test taking anxiety. Suggest this tip to those students who are nervous before tests.

**PLEASE PASS THIS ISSUE ON TO PARENTS AND OTHER EDUCATORS BEFORE EXAMS.**

*If this is the last issue I get out before the summer break-I wish you all a great summer!*

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Dr. Mayer is available to personally care for troubled youth and families, crisis calls, consultations, and presentations.

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