Cover image Dharmendra Rai Pixabay Althea Need Kaminske talk benefits retrieval practice lot Learning Scientists usually talk benefits retrieval practice already learned information However retrieval practice also shown beneficial learning new information retrieving already-learned material helps remember material 1 also helps learn new material 2 effect called forward testing effect test potentiated learning retrieval potentiated learning well established 2 less well-understood retrieval facilitates new learning review studies retrieval potentiated learning Chan Meissner Davis 2018 four theoretical perspectives retrieval improves new learning resource theories metacognitive theories context theories integration theories Resource theories state retrieval beneficial new learning frees cognitive resources Retrieval acts way set aside already learned material focus to-be-learned material Pretend asked remember two lists words According theory remember second list words tested first list ’ still thinking first list Chan et al 2018 consistent literature expressive writing people fewer intrusive thoughts learning task able write hand see post Cindy expressive writing math anxiety Research mind-wandering also consistent set theories Szpunar colleagues found testing video lectures reduced changed mind wandering subsequent lectures 3 4 Interestingly one study participants tested intermittently reported lecture-relevant mind wandering participants tested 4 Theories category theorize retrieval practice helps learners optimize encoding strategies taking test information might change way approach learning new information One way may happen retrieval practice may change much time effort learners spend items think difficult important learn 2