Cover photo fruper Pixabay Cindy Nebel position med school students use lot practice tests use prepare exams class Shelf exams clinical rotations sometimes exclusively prepare board exams One thing ’ realized giving advice students time matters someone knows lot spaced practice retrieval practice want tell review material effective way frankly ’ time Often use question banks self-testing skip feedback correct answers keep questions got incorrect rotation sure feels efficient know retrieval practice research often need answer questions multiple times stick 1 research study ’ reviewing today 2 tackles issue effectiveness vs. efficiency series studies participants either received retrieval practice experimenter-controlled effective way given option retrieval practice way wanted typically drop questions efficient way one better Image MoteOo Pixabay studies participants studied English-German word pairs couple different ways Participant-controlled groups participants got decide seeing word pair whether wanted study take practice test drop word pair “ deck ” chose take practice test either received multiple choice question cued recall short answer question depending condition gave answer told correct answer asked wanted study test drop item Experimenter-controlled groups participants first studied words items divided ones got right 1 3 5 times dropped deck participants got multiple choice tests others got short answer tests depending condition first question researchers asking students would given choice self-test Perhaps unsurprisingly students got question right dropped deck true across multiple choice short answer questions small differences though example participants restudied items often knew going get short answer question vs. multiple choice question makes sense