cover imag dharmendra rai pixabay althea need kaminsk talk benefit retriev practic lot learn scientist usual talk benefit retriev practic alreadi learn inform howev retriev practic also shown benefici learn new inform retriev already-learn materi help rememb materi 1 also help learn new materi 2 effect call forward test effect test potenti learn retriev potenti learn well establish 2 less well-understood retriev facilit new learn review studi retriev potenti learn chan meissner davi 2018 four theoret perspect retriev improv new learn resourc theori metacognit theori context theori integr theori resourc theori state retriev benefici new learn free cognit resourc retriev act way set asid alreadi learn materi focu to-be-learn materi pretend ask rememb two list word accord theori rememb second list word test first list ’ still think first list chan et al 2018 consist literatur express write peopl fewer intrus thought learn task abl write hand see post cindi express write math anxieti research mind-wand also consist set theori szpunar colleagu found test video lectur reduc chang mind wander subsequ lectur 3 4 interestingli one studi particip test intermitt report lecture-relev mind wander particip test 4 theori categori theoriz retriev practic help learner optim encod strategi take test inform might chang way approach learn new inform one way may happen retriev practic may chang much time effort learner spend item think difficult import learn 2