

1 Introduction

The protagonist in a standard educational setting is the student, who exerts effort to commit some information to memory, with the written and oral exams being the primary obstacles on their path to academic achievement. Be that as it may, current theories of testing look beyond the test's most dreaded function to appreciate the frequently overlooked beneficial effect it can have on learning and memory. In fact, the term "testing effect" refers to the finding that, when it comes to long-term retention, retrieving information from memory trumps restudying the same information (Roediger III & Karpicke, 2006a). It is generally recognised that testing can have two types of effects - *direct* and *indirect* (Roediger III & Karpicke, 2006a). Direct effects refer specifically to the increased retention that ensues from practicing retrieval of the target information.

test can enhance learning and long-term retention to the extent that it activates the same retrieval processes that will likely be called upon at the time of a later test Roediger III and Karpicke (2006a)

Juxtaposed to the well established finding that attempting to recall learned material compared to merely restudying it, facilitates its long-term retention (Adesope, Trevisan, & Sundararajan, 2017; Glover, 1989; Roediger III & Butler, 2011; Roediger III & Karpicke, 2006a, 2006b; Rowland, 2014) stand the results of a number of studies showing that retrieving previously studied information can even facilitate the acquisition of information that is yet to be learned (Chan, Meissner, & Davis, 2018; Yang, Potts, & Shanks, 2018). This has stimulated the use of various qualifiers such as *interim* (Wissman, Rawson, & Pyc, 2011), *interpolated* (Szpunar, Khan, & Schacter, 2013), and *forward* (Pastötter & Bäuml, 2014; Yang et al., 2018), in order to distinguish the latter testing effect from the former, now sometimes referred to as the *backward* testing effect (e.g Yang et al., 2018). Following the reasoning of Chan, Meissner, and Davis (2018), we will differentiate the two testing effects by using the terms "test-potentiated learning" and "test-potentiated *new* learning" appropriately.

A typical demonstration of test-potentiated learning entails an initial learning phase, followed by a period during which participants either restudy the same material, engage in a memory test involving the studied material, or are not exposed to the original material at all. Finally, after a retention interval, an additional administration of a memory test reveals that the group subjected

to a memory test during the intervening period has a distinct advantage over the other two groups. Test-potentiated new learning is In one of the earliest studies showing the effect of test-potentiated new learning, Darley and Murdock (1971) observed that, when recalling studied lists of words, participants systematically produce more prior-list intrusions when probed for a given list, if their memory of a prior list had not been tested before they proceeded to study the given list. The findings were soon corroborated by Tulving and Watkins (1974).

Building on these results, after a considerable period of silence on the topic, Szpunar, McDermott, and Roediger (2008) told their subjects to study five lists of items in anticipation of a final cumulative test. All subjects were tested immediately after studying the final list, but they engaged in different intermittent activities between studying the first four lists. One group was tested on each list after studying it, another group restudied each list, and a third group completed a mathematical distractor task. Participants whose memory was tested after each list produced more correct responses and fewer prior-list intrusions on the immediate test administered after studying the last list, compared to the groups that were not tested. The authors explained the found benefit of testing in terms of a segregation mechanism that prevents overburdening of retrieval cues, which, in the absence of testing, causes a build-up of proactive interference. The following decade has seen a renewal of interest in test-potentiated new learning (Chan, Meissner, & Davis, 2018; Pastötter & Bäuml, 2014; Yang et al., 2018), with studies attempting to delineate the scope of the effect with respect to various moderating variables: the type of study materials, varieties of study designs, and populations, to name but a few.

1.1 Theoretical overview

Recently, Chan, Meissner, and Davis (2018) provided a meta-analytic analysis and comprehensive overview of the literature, identifying four *nonconflicting* theoretical frameworks which were put forth throughout the years as viable explanations for test-potentiated new learning. *Resource theories* generally posit that testing increases cognitive resources, but they propose different mechanisms by which this is achieved: (1) proactive interference reduction (e.g. Nunes & Weinstein, 2012; Szpunar et al., 2008; Wahlheim, 2015; Weinstein, McDermott, & Szpunar, 2011), (2) restoration of encoding/attentional resources (e.g. Pastötter, Schicker, Niedernhuber, & Bäuml, 2011), or (3)

alteration of mind wandering patterns (e.g. Jing, Szpunar, & Schacter, 2016; Szpunar, Khan, & Schacter, 2013; Szpunar, Moulton, & Schacter, 2013). Whereas resource theories focus on the amount of deployable cognitive resources, *metacognitive theories* emphasise the optimisation of encoding strategies induced by retrieval attempts (e.g. Chan, Manley, Davis, & Szpunar, 2018; Cho, Neely, Crocco, & Vitrano, 2017). For example, in a recent investigation, Chan, Manley, et al. (2018) found that, compared to untested groups, the group whose memory for the first three word lists was subjected to interpolated testing displayed superior semantic organisation across lists.

The key idea underlying *context theories* is that, apart from storing the studied information per se, people store the related contextual information as well (e.g. Lehman, Smith, & Karpicke, 2014). Afterwards, the accessibility of this contextual information can affect the likelihood of successful retrieval of target information. Furthermore, the claim is that, unlike restudying, attempting retrieval causes an internal context change relative to the study context (e.g. one may engage a retrieval mode), and recalled items may be updated with contextual information from the retrieval attempt, while newly encountered information is still associated only with the study context. Therefore, recalling new-learning items is limited to only those items associated exclusively with the study context, providing them with the advantage observed upon testing. While this veritable circumscription of separate learning episodes is at the core of both resource and context accounts, its effect on learning is supposedly different. According to the former, isolating a learning episode through attempts at recall increases resources for subsequent learning by preventing *encoding-based* proactive interference. On the other hand, the latter place the emphasis on later *retrieval* processes, whereby isolating an earlier learning episode reduces the memory search set for retrieval.

Finally, *integration theories* advance the notion that interpolated testing facilitates the integration of the new-learning material either with its retrieval cues or with the original-learning material. On one account, testing increases the likelihood of spontaneous covert retrieval of original-learning items during the study of new items, fostering their integration, and, thus, increasing conceptual organisation (e.g. Jing et al., 2016) and the effectiveness of retrieval cues (Pyc & Rawson, 2010). For example, Jing et al. (2016) found that interpolated testing increased the clustering of related information that is acquired across different segments within a video-recorded lecture.

1.2 Nonepisodic recall

A number of investigations utilised nonepisodic recall as the format of the intermittent testing activity Divis and Benjamin (2014); Pastötter et al. (2011); ?

1.3 Feedback

1.4 Present study

Our study had several aims. Firstly, we sought to replicate the effect in an ecologically valid setting, by using complex learning materials and standard multiple-choice items. Secondly, acknowledging the relative dearth of studies using nonepisodic retrieval as the interpolated activity, and furthermore a lack of studies using a blocked (vs.) on the moderating influence of feedback in the test-potentiated new learning effect, guided by the analysis of gaps in the field provided by Chan, Meissner, and Davis (2018). . Secondly, we attempted to expand the existing body of literature.

Wanting to examine test-potentiated new learning in a more ecologically valid setting, we...

1.5 Notes

Za feedback gle u Roediger i Butler (2011)

Chan et al. (2018). across a retention interval In contrast to unrelated word lists, text passages and videos are typically written/produced in a coherent manner, which should naturally invite relational processing, so any relational processing advantage induced by prior testing is likely to be modest relative to of the strategy change account that is not tied strictly to relational processing, however, may provide a reasonable explanation for the TPNL effect with text passages and videos. In a broader sense, the strategy change account specifies that performing retrieval practice allows participants to discover the type of learning needed to ensure satisfactory performance (or conversely, to realize the type of learning that is inadequate to produce satisfactory performance, if participants are performing poorly during retrieval practice), and participants can then adjust their subsequent encoding strategy accordingly. If we take this broader approach to strategy change, then this account can explain the TPNL effect with prose/video materials. However, we realize that the idea

that “retrieval practice can improve later encoding strategies” is perhaps vaguely defined. In fact, such a broad definition of strategy change may render the account difficult to falsify. With this in mind, we believe that the strategy change account, as we currently conceive, should only be applied to explain the TPNL effect with word list type materials, for which advantageous encoding strategies can be more precisely defined (but see Jing et al., 2016 in which interspersed testing improved conceptual integration of materials across sections of a video lecture). In our opinion, application of this account to prose/video material should only be done when one clearly outlines what is considered an advantageous encoding strategy so that the hypothesis can be adequately tested.

Možda ZV intruzori nije pokazala razlike između skupina jer smo koristili recognition, a ne free recall. Context change account?

DISCUSSION: Methodological concerns. The expectation of a final test ensured the continued processing of materials across the study sequence. Chan et al. (2018): For example, in a multilist learning environment, having taken a recent memory test increases learners’ expectation that they will again be tested in the immediate future, even when they are told that whether a test will follow each study list is determined randomly (Weinstein et al., 2014). Such test expectancies have been shown to significantly influence how participants approach Weinstein et al. (2014): The experiments reported here are based on the assumption that participants in the tested group may be more likely to expect a test after the fifth (last) list, having consistently received tests after previous lists. Those in the untested group, having never received a test during the experiment until the fifth list test, may therefore pay less attention or engage in lower quality encoding strategies during encoding of the fifth list. To test for this alternative explanation, we compared the two standard conditions (tested and untested) with two novel conditions that were identical to the standard conditions but included a warning before presentation of the final list to alert participants that they would be tested on the upcoming list. If attentional processes are mediating the observed release from proactive interference, warning participants in the untested group should produce the same benefit as the participants taking a test after every list

2 Methods

These are the methods.

References

- Adesope, O. O., Trevisan, D. A., & Sundararajan, N. (2017, June). Rethinking the Use of Tests: A Meta-Analysis of Practice Testing. *Review of Educational Research*, 87(3), 659-701.
- Chan, J. C. K., Manley, K. D., Davis, S. D., & Szpunar, K. K. (2018, October). Testing potentiates new learning across a retention interval and a lag: A strategy change perspective. *Journal of Memory and Language*, 102, 83-96.
- Chan, J. C. K., Meissner, C. A., & Davis, S. D. (2018). Retrieval potentiates new learning: A theoretical and meta-analytic review. *Psychological Bulletin*, 144(11), 1111-1146.
- Cho, K. W., Neely, J. H., Crocco, S., & Vitrano, D. (2017, July). Testing enhances both encoding and retrieval for both tested and untested items. *Quarterly Journal of Experimental Psychology*, 70(7), 1211-1235.
- Darley, C. F., & Murdock, B. B. (1971). Effects of prior free recall testing on final recall and recognition. *Journal of Experimental Psychology*, 91(1), 66-73.
- Divis, K. M., & Benjamin, A. S. (2014, October). Retrieval speeds context fluctuation: Why semantic generation enhances later learning but hinders prior learning. *Memory & Cognition*, 42(7), 1049-1062.
- Glover, J. A. (1989). The "Testing" Phenomenon: Not Gone but Nearly Forgotten. *Journal of Educational Psychology*, 81(3), 392-399.
- Jing, H. G., Szpunar, K. K., & Schacter, D. L. (2016). Interpolated testing influences focused attention and improves integration of information during a video-recorded lecture. *Journal of Experimental Psychology: Applied*, 22(3), 305-318.
- Lehman, M., Smith, M. A., & Karpicke, J. D. (2014). Toward an episodic context account of retrieval-based learning: Dissociating retrieval practice and elaboration. *Journal of Experimental Psychology: Learning, Memory, and Cognition*, 40(6), 1787-1794.
- Nunes, L. D., & Weinstein, Y. (2012, February). Testing improves true recall and protects against the build-up of proactive interference without increasing false recall. *Memory*, 20(2), 138-154.
- Pastötter, B., & Bäuml, K.-H. T. (2014, April). Retrieval practice enhances new learning: The forward effect of testing. *Frontiers in Psychology*, 5.
- Pastötter, B., Schicker, S., Niedernhuber, J., & Bäuml, K.-H. T. (2011). Retrieval during learning facilitates subsequent memory encoding. *Journal of Experimental Psychology: Learning, Memory, and Cognition*, 37(2), 287-297.
- Pyc, M. A., & Rawson, K. A. (2010, October). Why Testing Improves Memory: Mediator Effectiveness Hypothesis. *Science*, 330(6002), 335-335.
- Roediger III, H. L., & Butler, A. C. (2011, January). The critical role of retrieval practice in long-term retention. *Trends in Cognitive Sciences*, 15(1), 20-27.
- Roediger III, H. L., & Karpicke, J. D. (2006a). The Power of Testing Memory: Basic Research and Implications for Educational Practice. *Perspectives on Psychological Science*, 1(3), 181-210.
- Roediger III, H. L., & Karpicke, J. D. (2006b, March). Test-Enhanced Learning: Taking Memory Tests Improves Long-Term Retention. *Psychological Science*, 17(3), 249-255.
- Rowland, C. A. (2014). The effect of testing versus restudy on retention: A meta-analytic review of the testing effect. *Psychological Bulletin*, 140(6), 1432-1463.
- Szpunar, K. K., Khan, N. Y., & Schacter, D. L. (2013, April). Interpolated memory tests reduce mind wandering and improve learning of online lectures. *Proceedings of the National Academy*

- of Sciences*, 110(16), 6313-6317.
- Szpunar, K. K., McDermott, K. B., & Roediger, H. L. (2008). Testing during study insulates against the buildup of proactive interference. *Journal of Experimental Psychology: Learning, Memory, and Cognition*, 34(6), 1392-1399.
- Szpunar, K. K., Moulton, S. T., & Schacter, D. L. (2013). Mind wandering and education: From the classroom to online learning. *Frontiers in Psychology*, 4.
- Tulving, E., & Watkins, M. J. (1974). On Negative Transfer: Effects of Testing One List on the Recall of Another. *Journal of Verbal Learning and Verbal Behavior*(13), 181-193.
- Wahlheim, C. N. (2015, January). Testing can counteract proactive interference by integrating competing information. *Memory & Cognition*, 43(1), 27-38.
- Weinstein, Y., McDermott, K. B., & Szpunar, K. K. (2011, April). Testing protects against proactive interference in face-name learning. *Psychonomic Bulletin & Review*, 18(3), 518.
- Wissman, K. T., Rawson, K. A., & Pyc, M. A. (2011, December). The interim test effect: Testing prior material can facilitate the learning of new material. *Psychonomic Bulletin & Review*, 18(6), 1140-1147.
- Yang, C., Potts, R., & Shanks, D. R. (2018, April). Enhancing learning and retrieval of new information: A review of the forward testing effect. *npj Science of Learning*, 3(1), 8.