**TLU Engaging Pedagogy Conference, spring 2017**Peer Educators: Making Their Students Do the Talking
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Article 1

**To Really Learn, Quit Studying and Take a Test**

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Taking a test is not just a passive mechanism for assessing how much people know, according to new research. It actually helps people learn, and it works better than a number of other studying techniques.

[The research, published online in the journal Science](http://www.sciencemag.org/content/early/2011/01/19/science.1199327.abstract), found that students who read a passage, then took a test asking them to recall what they had read, retained about 50 percent more of the information a week later than students who used two other methods.

One of those methods — repeatedly studying the material — is familiar to legions of students who cram before exams. The other — having students draw detailed diagrams documenting what they are learning — is prized by many teachers because it forces students to make connections among facts.

These other methods not only are popular, the researchers reported; they also seem to give students the illusion that they know material better than they do.

In the experiments, the students were asked to predict how much they would remember a week after using one of the methods to learn the material. Those who took the test after reading the passage predicted they would remember less than the other students predicted — but the results were just the opposite.

“I think that learning is all about retrieving, all about reconstructing our knowledge,” said the lead author, Jeffrey Karpicke, an assistant professor of [psychology](http://topics.nytimes.com/top/news/health/diseasesconditionsandhealthtopics/psychology_and_psychologists/index.html?inline=nyt-classifier) at [Purdue University](http://topics.nytimes.com/top/reference/timestopics/organizations/p/purdue_university/index.html?inline=nyt-org). “I think that we’re tapping into something fundamental about how the mind works when we talk about retrieval.”

Several cognitive scientists and education experts said the results were striking.

The students who took the recall tests may “recognize some gaps in their knowledge,” said Marcia Linn, an education professor at the [University of California, Berkeley](http://topics.nytimes.com/topics/reference/timestopics/organizations/u/university_of_california/index.html?inline=nyt-org), “and they might revisit the ideas in the back of their mind or the front of their mind.”

When they are later asked what they have learned, she went on, they can more easily “retrieve it and organize the knowledge that they have in a way that makes sense to them.”

The researchers engaged 200 college students in two experiments, assigning them to read several paragraphs about a scientific subject — how the digestive system works, for example, or the different types of vertebrate muscle tissue.

In the first experiment, the students were divided into four groups. One did nothing more than read the text for five minutes. Another studied the passage in four consecutive five-minute sessions.

A third group engaged in “concept mapping,” in which, with the passage in front of them, they arranged information from the passage into a kind of diagram, writing details and ideas in hand-drawn bubbles and linking the bubbles in an organized way.

The final group took a “retrieval practice” test. Without the passage in front of them, they wrote what they remembered in a free-form essay for 10 minutes. Then they reread the passage and took another retrieval practice test.

A week later all four groups were given a short-answer test that assessed their ability to recall facts and draw logical conclusions based on the facts.

The second experiment focused only on concept mapping and retrieval practice testing, with each student doing an exercise using each method. In this initial phase, researchers reported, students who made diagrams while consulting the passage included more detail than students asked to recall what they had just read in an essay.

But when they were evaluated a week later, the students in the testing group did much better than the concept mappers. They even did better when they were evaluated not with a short-answer test but with a test requiring them to draw a concept map from [memory](http://health.nytimes.com/health/guides/test/mental-status-tests/overview.html?inline=nyt-classifier).

Why retrieval testing helps is still unknown. Perhaps it is because by remembering information we are organizing it and creating cues and connections that our brains later recognize.

“When you’re retrieving something out of a computer’s memory, you don’t change anything — it’s simple playback,” said Robert [Bjork](http://topics.nytimes.com/top/reference/timestopics/people/b/bjork/index.html?inline=nyt-per), a psychologist at the [University of California, Los Angeles](http://topics.nytimes.com/topics/reference/timestopics/organizations/u/university_of_california/index.html?inline=nyt-org), who was not involved with the study.

But “when we use our memories by retrieving things, we change our access” to that information, Dr. Bjork said. “What we recall becomes more recallable in the future. In a sense you are practicing what you are going to need to do later.”

It may also be that the struggle involved in recalling something helps reinforce it in our brains.

Maybe that is also why students who took retrieval practice tests were less confident about how they would perform a week later.

“The struggle helps you learn, but it makes you feel like you’re not learning,” said Nate Kornell, a psychologist at [Williams College](http://topics.nytimes.com/top/reference/timestopics/organizations/w/williams_college/index.html?inline=nyt-org). “You feel like: ‘I don’t know it that well. This is hard and I’m having trouble coming up with this information.’ ”

By contrast, he said, when rereading texts and possibly even drawing diagrams, “you say: ‘Oh, this is easier. I read this already.’ ”

The Purdue study supports findings of a recent spate of research showing learning benefits from testing, including benefits when students get questions wrong. But by comparing testing with other methods, the study goes further.

 “It really bumps it up a level of importance by contrasting it with concept mapping, which many educators think of as sort of the gold standard,” said Daniel Willingham, a psychology professor at the [University of Virginia](http://topics.nytimes.com/top/reference/timestopics/organizations/u/university_of_virginia/index.html?inline=nyt-org). Although “it’s not totally obvious that this is shovel-ready — put it in the classroom and it’s good to go — for educators this ought to be a big deal.”

[Howard Gardner](http://topics.nytimes.com/top/reference/timestopics/people/g/howard_gardner/index.html?inline=nyt-per), an education professor at Harvard who advocates constructivism — the idea that children should discover their own approach to learning, emphasizing reasoning over memorization — said in an e-mail that the results “throw down the gauntlet to those progressive educators, myself included.”

“Educators who embrace seemingly more active approaches, like concept mapping,” he continued, “are challenged to devise outcome measures that can demonstrate the superiority of such constructivist approaches.”

Testing, of course, is a highly charged issue in education, drawing criticism that too much promotes rote learning, swallows valuable time for learning new things and causes excessive student anxiety.

“More testing isn’t necessarily better,” said Dr. Linn, who said her work with California school districts had found that asking students to explain what they did in a science experiment rather than having them simply conduct the hands-on experiment — a version of retrieval practice testing — was beneficial. “Some tests are just not learning opportunities. We need a different kind of testing than we currently have.”

Dr. Kornell said that “even though in the short term it may seem like a waste of time,” retrieval practice appears to “make things stick in a way that may not be used in the classroom.

“It’s going to last for the rest of their schooling, and potentially for the rest of their lives.”

Article 2

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| --- |
| **Sample Question Stems Based on Revised Bloom’s Taxonomy** |
| **Remember** | **Understand** | **Apply** |
| Who?Where?Which one?What?How?Why?How much?How many?When?What does it mean?What happened after?What is the best one?Can you name all the …?Who spoke to …?Which is true or false? | What does this mean?Which are the facts?State in your own words.Is this the same as …?Give an example.Select the best definition.Condense this paragraph.What would happen if …?Explain why . . .What expectations are there?Read the graph (table).What are they saying?This represents . . .What seems to be …?Is it valid that …?What seems likely?Show in a graph, table.Which statements support …?What restrictions would you add?Outline . . .What could have happened next?Can you clarify. . .?Can you illustrate . . . ?Does everyone think in the way that … does? | Predict what would happen if ...Choose the best statements that apply.Judge the effects of …What would result …?Tell what would happen if …Tell how, when, where, why.Tell how much change there would be if …Identify the results of …Write in your own words …How would you explain …?Write a brief outline …What do you think could have happened next?Who do you think…?What was the main idea …?Clarify why …Illustrate the …Does everyone act in the way that … does?Draw a story map.Explain why a character acted in the way that he did.Do you know of another instance where …?Can you group by characteristics such as …?Which factors would you change if …?What questions would you ask of …?From the information given, can you develop a set of instructions about …? |
| **Analyze** | **Evaluate** | **Create** |
| What is the function of …?What’s fact? Opinion?What assumptions …?What statement is relevant?What motive is there?What conclusions?What does the author believe?What does the author assume?State the point of view of …What ideas apply?What ideas justify the conclusion?What’s the relationship between?The least essential statements are …What’s the main idea? Theme?What literary form is used?What persuasive technique is used?Determine the point of view, bias, values, or intent underlying presented material.Which events could not have happened?If … happened, what might the ending have been?How is … similar to …?What do you see as other possibleoutcomes?Why did … changes occur?Can you explain what must have happened when …?What were some of the motives behind …?What was the turning point?What are some of the problems of …?Can you distinguish between …? | What fallacies, consistencies, inconsistencies appear?Which is more important, moral, better, logical, valid, appropriate?Find the errors.Is there a better solution to …?Judge the value of …What do you think about …?Can you defend your position about …?Do you think … is a good or bad thing?How would you have handled …?What changes to … would you recommend?Do you believe …?How would you feel if …?How effective are …?What are the consequences of …?What influence will … have on our lives?What are the pros and cons of …?Why is … of value?What are the alternatives?Who will gain and who will lose? | Can you design a … to …?Can you see a possible solution to …?If you had access to all resources, how would you deal with …?Why don’t you devise your own way to …?What would happen if?How many ways can you …?Can you create new and unusual uses for …?Can you develop aproposal which would …?How would you test …?Propose an alternative.How else would you …?State a rule. |  |

Adapted from the following sources: Pohl, Michael. *Learning to Think, Thinking to Learn: Models and Strategies to Develop a Classroom Culture of Thinking*. Cheltenham, Vic.: Hawker Brownlow. 2000; Tarlington, Denise. “Bloom’s Revised Taxonomy.” Powerpoint; www.center.iupui.edu/ctl/idd/docs/Bloom\_revised021.doc, February 8, 2006; http://eprentice.sdsu.edu/J03OJ/miles/Bloomtaxonomy(revised)1.htm

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