RETRIEVAL PRACTICE—HABITS THAT ENHANCE LEARNING

Suzanne Hendrich, PhD
University Professor
Food Science and Human Nutrition
shendrich@iastate.edu
LEARNING OUTCOMES

• Make meaning of “retrieval practice”
• Experience and reflect on retrieval practice
• Practice teamwork
• Develop questioning frameworks or approaches that facilitate retrieval practice
RETRIEVAL PRACTICE

• It is not so much what goes in, but what can come out of your brain
• Mindfully recalling information, examining what you know
• Better than re-reading,

• Examples of retrieval practice?
• When is this useful or important?
BEST PRACTICES IN RETRIEVAL PRACTICE

• Practicing what you know is more effective for learning than
  • Re-reading
  • Taking notes
  • Listening to lectures
• Try to recall the answer rather than look it up
• Recall and write down the answer when using a flashcard
• The more challenging the retrieval, the better for learning
  • Put in the effort
  • Focus more on higher order thinking (analyze, synthesize, evaluate)
• Define/name→explain/describe→apply/use→analyze/compare→design/plan→decide/critique
• Engaging students
  • engage them all (clickers, response cards, wait several days rather than immediate recall of what has been taught)
  • Use retrieval practice as a learning strategy not just as an assessment!
RETRIEVAL PRACTICE TEAMS

• Remember your good teamwork skills
  • Communicate
  • Participate
  • Support
  • Collaborate
  • Mediate

• What are the most important things that a food scientist or nutritional scientist needs to know and why?
  • Write/share/question/reflect
  • Be prepared to share inferences and insights from this practice session—use “Windows to....” to facilitate your thinking
In your teams, decide on a set of organizing questions that might best guide ongoing retrieval practice for an expert food scientist or nutritional scientist.

- Record your questions on the template provided.
- Be prepared to share.
WHAT OVERARCHING QUESTIONS DO I NEED TO BE ABLE TO ANSWER AS A FOOD SCIENTIST/NUTRITIONAL SCIENTIST?